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Love Your Home

Ideas & Inspo for Organizing & Refreshing Any Room, Closet, Drawer, or Porch



OCTOBER 2021



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Instinct THE RAW BRAND + REAL SIMPLE

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RAW MEANS CONVENIENT OPTIONS

Instinct® Pet Food offers a variety of ways to feed your pet the pure, real nutrition of raw pet food. Choose from distinctly crafted frozen or freeze-dried meals that deliver 100% raw nutrition, or try kibble that incorporates protein-packed bites of freeze-dried raw ingredients, or you can "boost" your pet's current routine with Instinct® Raw Boost Mixers®.

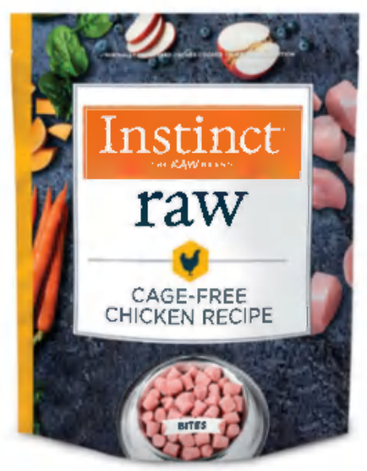


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If you're looking for pet food with optimal digestibility, raw is the way to go. With a taste pets love and no grain or gluten, Instinct® Raw is perfect for pets with sensitive tummies or picky palates. Natural oils and omega fatty acids help promote healthy skin and a shiny coat, while high protein helps maintain lean muscles.

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At Instinct®, we believe in feeding raw because we know the difference it can make in a pet's life. Our recipes are never cooked, 100% raw, and minimally processed to keep life-changing nutrients intact. Unlock your pet's potential to thrive with the pinnacle of pet nutrition. Learn more at instinctpetfood.com.



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LOVE YOUR HOME

OCTOBER



"You will express yourself in your house, whether you want to or not."

ELSIE DE WOLFE,
THE HOUSE IN GOOD TASTE

Photograph by Christopher Testani

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Cover Photograph by Anna Williams
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REAL SIMPLE

What's a project you did once and hope to never do again?



"Researching and creating a baby registry."

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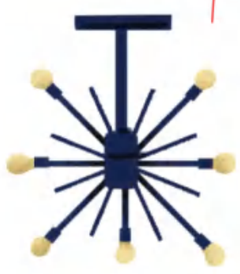
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"Changing my last name after getting married. To be honest, I'm only halfway done with all the paperwork!"



"Swapping out a light fixture."

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"I made a 100-layer lasagna. Once was enough."



"Three words: removing flocked wallpaper!"

ILLUSTRATIONS BY CLARE OWEN

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TO BUY: Bleecker Storage Boxes with Handle ($79; shop.californiaclosests.com)

LOOK DOWN

Utilize every square inch of your closet by maximizing your vertical space. Store less-frequently-used items—like baskets—at the very bottom.

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"I AM CONSISTENTLY SURPRISED AND DELIGHTED AT HOW LITTLE UPGRADES LIKE A CLOSET SYSTEM CAN MAKE SUCH A BIG DIFFERENCE IN YOUR DAY-TO-DAY LIFE." - SHIRA GILL

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Photography by Vivian Johnson

EDITOR'S NOTE

How I Survive the Chaos and Clutter of Halloween



I **SPEND MUCH** of my marriage (well, the parts I share on social media) making what I hope is good-natured fun of the man I call #clutterhusband. I'll chronicle the stray socks, the dining table heaped with returns, the blatantly ignored P-touched pantry shelves.

On October 1, and not a day before, I push aside my taste for tidiness and calm, and I indulge my husband's passion for my least favorite holiday. Plastic bins of decorations line the driveway. A cocktail party's worth of eight-foot animatronic ghouls hang out in the dining room. I hide behind a book while neighborhood kids gather on our lawn, wondering when Mr. Steve will come out to toss the first decapitated head over the tree branches, signaling the start of Halloween.

For one month, I watch from my bedroom window as ghosts sway in the breeze, and I sidestep hidden pads that trigger the pouncing zombie dogs on the front path. Then, on the big night, Steve opens our garage doors to anyone ready to brave the labyrinth of frights he single-handedly designs and builds in the backyard.

On October 31, I sit on the stoop, handing out candy and receiving compliments on his decorations, while he runs the haunted house with our kids and a few other dads. Visits are almost a rite of passage in our neighborhood. Steve tailors each tour to the kid's age. Parents confide: "We've been walking past your house for years, and this is the first time she wanted to go in." Tweens confess: "This year I asked for Teen Scream, but my little brother did Baby Scare."

Like the Grinch's, my heart warms and grows. With each delighted child and thankful parent, I see how meaningful my husband's Halloween effort is to the families on our block. And I'm reminded (yet again) that this is not about me.

On November 1, he breaks everything down. And it's a marvel. Foam-core walls are disassembled and covered with a tarp in the yard. Batteries are removed from animatronic monsters and stored in clearly labeled zip-top bags. Again, those 30-gallon storage bins line the driveway: one for heads, others for pumpkins, graves, smoke machines, and lights (strobe and otherwise).

Every year, I'm impressed by the orderliness—the respect—with which my husband contains his Halloween chaos. I try to reconcile this guy with the one who forgets to put his pocket change on the tray provided. They say one person's trash is another person's treasure. The same goes for clutter. As much as I'm all for controlling chaos, I realize that things like passion, fun, and creativity can rival structure and tidiness in a well-lived life. Or maybe, with a little respect and smart storage, there's room for all of it.



SPEAKING OF GARAGES...

For the first time ever, the REAL SIMPLE Home is an actual house in the suburbs (in years past, it's been apartments and a condo townhome). We have ideas for your garage, porch, deck, and more, starting on page 88 and coming to you in a live virtual event on October 7 at 4 p.m. ET. Check out realsimple.com/rshomelive to sign up for an exclusive tour with yours truly.

LET'S CONNECT!
Follow me on Instagram at **@LizVaccariello.**

HAIR BY RHEANNE WHITE FOR TRACEY MATTINGLY; MAKEUP BY LINDSEY WILLIAMS; WARDROBE STYLING BY JEN SMITH FOR ELYSE CONNOLLY INC.; PROP STYLING BY JOJO LI FOR HELLO ARTISTS

Photograph by Ari Michelson

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Jaclyn Johnson & Winnie
Los Angeles, CA

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REAL SIMPLE Everywhere Find Exclusive Ideas, Tips, and Ways to Make Life Easier—Every Day



BEHIND THE SCENES

Emily Henderson

STYLIST & INTERIOR DESIGNER

@em_henderson

Next big purchase:
Vintage doors and salvaged sinks for my farmhouse renovation.

Your daily uniform:
Levi's shorts, an airy blouse, and sandals.

Coziest home item:
We have a massive, floppy floor pillow near our fireplace that people mistake for a dog bed. It's actually where I lie down and read page-turners on the weekends.

See Emily's bedroom design for the REAL SIMPLE Home on page 94.



ON THE WEB

31 Last-Minute Halloween Costumes

Instead of staring down the picked-over costume aisle at your local store, try one of these treats on for size. From classic getups to punny disguises, these DIY costumes will have you looking festive in a pinch. Get inspired to dress up at realsimple.com/costumes.

ON QVC

REAL SIMPLE Handbags

We've launched a line of classic crossbody bags and roomy totes with organizing solutions built right in. They're available exclusively through QVC. Shop the entire collection at **realsimple.com/handbags.**





IN YOUR WALLET

We Found It & You Save

REAL SIMPLE readers score an exclusive discount on the Worx drill featured on page 31. Get 15 percent off at worx.com by using the code RSMSWITCH15 at checkout. Offer valid through 10/17/21.

ON INSTAGRAM

Have an Issue

REAL SIMPLE showed @lilyzacharias how to be "a multitasking, well-dressed, well-moisturized woman," she wrote. Snap a pic of your mag, tag it #rseverywhere, and follow us at @real_simple. Your photo may appear on this page.

FROM TOP LEFT: COURTESY OF SARA LIGORRIA-TRAMP; MILES STUDIO/STOCKSY; TED + CHELSEA CAVANAUGH

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3 Ways to Decorate for Fall



Celebrate the season by adding autumn-inspired accents around your living space. Discover how Command™ Brand can help bring your vision to life.

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1 DECORATE YOUR DOOR

Greet the crisp air and cooler temperatures with a seasonal wreath hung on the **Command™ Outdoor Large Hook, Oil Rubbed Bronze**.

INCORPORATE FALL FOLIAGE 2

Enjoy the leaves from your living room by arranging paper plants on **Command™ Display Ledges** affixed to your wall.



3 HANG AUTUMNAL ARTWORK



Up the ambience by mounting a fall-inspired print with **Command™ Picture Hanging Strips.**

Command™ BRAND

Scan the code with your phone for step-by-step project instructions and visit **command.com** for helpful products that can be applied easily and removed damage-free.

YOUR WORDS

What Is Your Most Controversial Food Opinion?

I hate warm-from-the-oven cookies. Everyone thinks I'm nuts, but I like a cold cookie.

@ANNEPAL221

#RSLOVE

I only bake with salted butter. Many professionals don't do this, but I think it adds the perfect seasoning to my baking and enhances the flavor.
@PIEGIRLBAKES



For sharing this photo with us, @piegirlbakes will receive our special edition, The Power of Less. If you want your picture to be considered, tag photos on Instagram with **#rslove.**

I don't like potatoes. I can't begin to tell you how many "You don't like potatoes?" conversations I've had. In 2020, there was a streak of 10 days in a row! People are truly puzzled. (And yet: I like sweet potatoes.)

SANDRA LYNN WAKASHIGE, WINNETKA, CALIFORNIA

I drink milk right out of the carton. It is *my* milk. I am the only one who still drinks milk—it is mine and only mine. It is my delicious, cold comfort food.

CYNTHIALYNN JONES, MURFREESBORO, TENNESSEE

Lobster is extremely overrated.

@LIZMATTHEWS729

Sheet pan dinners are lame. There's always one component that ends up overcooked, and the pan is a pain in the butt to clean.

JANICE KATHLEEN MARINI, PHILADELPHIA

I intensely dislike salty mixed with sweet. I'm looking at you, caramels with a sprinkle of sea salt. No chocolate-covered pretzels or chips either!

EMILIA TREGLIA, NEW YORK CITY

Peeps taste amazing! My favorite treat, anytime of year.

KRYSTAL PRICE, DELAWARE, OHIO

All meat should be cooked *well done.*

@VALUCHST

Ballpark mustard is better than any other kind. I guess that's just the Clevelander in me!

NICHOLE E. VENCL, CLEVELAND

Spaghetti is best served with freshly grated Parmesan... and slightly crushed-up potato chips.

PAIGE BENNETT, LOS ANGELES

Ice cream is over-rated. *Ducks*

@MEGANGREEN8

Garlic fries are better in theory than in practice.

KAREN PARNELL, DUBLIN, CALIFORNIA

I love grilled food, but **smoked barbecue tastes like wood.** I'd rather not feel like I'm eating a chair leg for dinner.

NINETTE HOLBROOK, WINTER GARDEN, FLORIDA

I hate watermelon and apple pie, two of America's favorite things.

ELLEN ULLMAN, BURLINGTON, MASSACHUSETTS

Matcha tastes like grass clippings.

@MEGHANFLANNERY

No warm fruits in dessert! Pies, crumbles, and cobblers can go to hell.

@AUDREY_SHIO

I tend to pass on dessert. **I prefer to drink my calories.**

@BABE1908

I don't like frosting, glaze, or the white part of Oreos.

@FATIMA_PERRONE

I never met a recipe I followed.

PEGGY ROSS, COLUMBUS, INDIANA

Peanut butter is better than chocolate. There, I said it. I've been living a lie for so long, but I can't do it anymore.

NINA NAKHLE, DECATUR, GEORGIA

Black licorice jelly beans are my favorite.

@KATAAY17

Kale is a hoax.

LORI GRAPENTINE, MADISON, WISCONSIN



COURTESY OF JAMIE POLITANO

READER OF THE MONTH

Jamie Politano, 24

SOFTWARE ENGINEER
CLEVELAND

What is your most controversial food opinion?
Sardines are underrated.

Home is where...
My baby girl is. She's 10 months old and my whole heart.

Least organized part of your life:
My bathroom cupboard is filled with way too many products I have never used but can't seem to throw away.

What's on your bucket list?
Visiting all the United States national parks!

Who makes you laugh the most?
My husband, Stephen.

What would you sing at karaoke night?
I'd *want* to sing "Bohemian Rhapsody," "American Pie," or "Piano Man," but no one wants to hear me sing for that long, so I'd default to "Gold Digger."

The simplest part of your life is:
My dog. He brings us so much joy and is so low-maintenance.

NEXT QUESTION

What have you always suspected you could do, but were too nervous to try?
Send an email to **yourwords@realsimple.com** to answer. Your response could appear on these pages.

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DELIGHTS

WE'RE LOVING

Fashionable Fireplaces

Give your home's hearth a mini makeover with these stylish and practical accessories. Then DIY the finishing touch: a crackling fire.

BY CAT DASH

SCREEN TIME
Like jewelry for your fireplace, this freestanding cover looks good even without a lambent flame behind it. **TO BUY:** Deco Metal Fireplace Screen, from $300; westelm.com.

PROP STYLING BY ANDREA GRECO. 535 RADFORD MDF MANTEL SURROUND; PEARLMANTELS.COM FOR INFO

Photograph by Ted + Chelsea Cavanaugh



The brass faces provide extra shimmer and easily wipe clean.

1



2

The vessel has a handy flint for lighting matches.



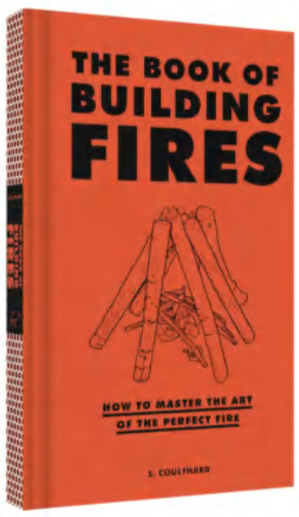
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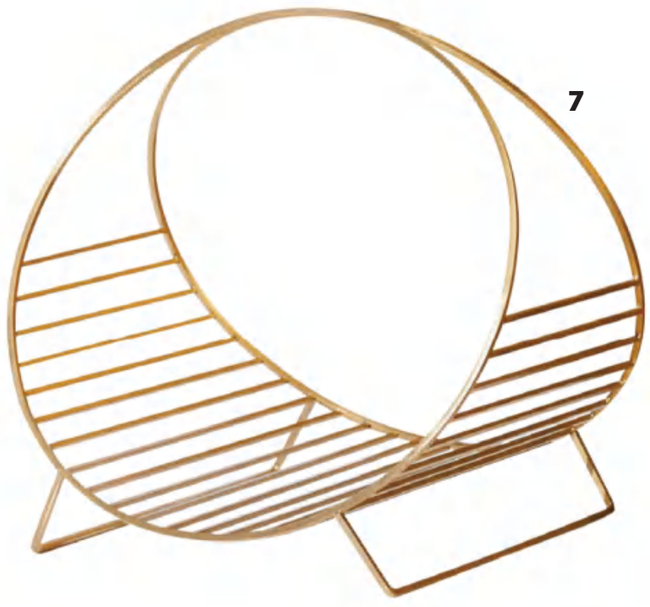
4



5



6



7



8

1 THE HOLD UP
Detached andirons flex to the cut of your logs and can be stowed away in small spaces. **TO BUY:** Jackson Brass Andirons, $295; williams-sonoma.com.

2 MEET YOUR MATCH
These extra-long matches come in a glass cloche that doubles as mantel decor. **TO BUY:** Cloud Fireplace Match Cloche, $49.50; skeemshop.com.

3 LOTSA LUG!
Move logs with ease in this hardy canvas carrier that you can customize with up to 10 characters. **TO BUY:** Dura-Tough Sling Log Carrier, $30; llbean.com.

4 STAYING POWER
Each tool's wooden handle features a built-in magnet that secures it to the stand. **TO BUY:** Ashi Fireplace Tool Set, from $250; blomus.us.

5 OLD SCHOOL
Pop enough for a party—three quarts!—in this enamel vessel. The long handle keeps your hands from overheating. **TO BUY:** Popcorn Popper, $48; shopterrain.com.

6 FIRE STARTER
If you skipped the Scouts, this guide will show you how to build a fire, plus the best chopping, igniting, and stacking techniques. **TO BUY:** *The Book of Building Fires* by S. Coulthard, $17; chroniclebooks.com.

7 IN THE LOOP
Beautify a plain old stack of wood with this curved brass holder. **TO BUY:** Chord Antique Brass Log Holder, $100; cb2.com.

8 SENSORY EXPERIENCE
This vegan-wax candle releases the aroma of a real-deal roaring fire. **TO BUY:** D.S. & Durga Portable Fireplace Candle, $65; jaysonhome.com.

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The Books List Top Picks for Every Taste

BY KRISTYN KUSEK LEWIS

Relatable Romance

Love and longing are at the center of Sally Rooney's latest. Alice, a best-selling novelist, befriends Felix, a warehouse worker in the small town she's moved to after a nervous breakdown. She trades extensive emails with her longtime friend Eileen, who is mainly concerned with her own feelings for the childhood friend who's stringing her along. *Beautiful World, Where Are You* is a thoughtful look at that time in every young adult's life when they are searching for love—and themselves in the process.

Book Club Winner

We Are Not Like Them by Christine Pride and Jo Piazza is a timely conversation starter with a knockout premise: Riley, a Black news anchor in her hometown of Philadelphia, is a rising star whose best friend since kindergarten, Jen, is a white woman married to a police officer. When Jen's husband is involved in the shooting of an unarmed Black teenager, Riley is tapped to cover the incident, and the women are forced to examine their friendship. Told through alternating points of view, this affecting read is both intimate and enlightening.

Historical Fiction

Already a best seller in the U.K., Sarah Winman's *Still Life* is about a young British soldier stationed in the Tuscan hills in the mid-1940s. His chance friendship with an art historian leaves an indelible mark on his worldview, which he carries back to his hardscrabble London neighborhood and the pub at the center of it. The incredible storytelling, lovable characters, and sweeping settings make this whimsical novel an absolute delight, proving that serious fiction does not have to be only dark and depressing.

Domestic Thriller

In *Apples Never Fall,* Liane Moriarty's new page-turner, four adult siblings must handle the crisis sparked by their parents, recently retired owners of a well-known tennis academy. First the couple takes in a sketchy stranger who claims to be on the run from her abusive boyfriend. Then the mother disappears, and the father is the prime suspect. With Moriarty's trademark humor and smart insights about families, this entertaining, twisty read will keep you guessing until the final page.

Riveting Read

Beautiful Country, Qian Julie Wang's memoir, is a behind-the-headlines look at what life is really like for an undocumented child in the U.S. Brought to New York City from China when she was just 7, Wang recounts the severe daily toll that being "illegal" took on her family, particularly her parents, professors in China who became sweatshop workers in America. Rife with heartbreaking stories about her family's fight to survive, this unforgettable memoir is eye-opening to the nth degree.

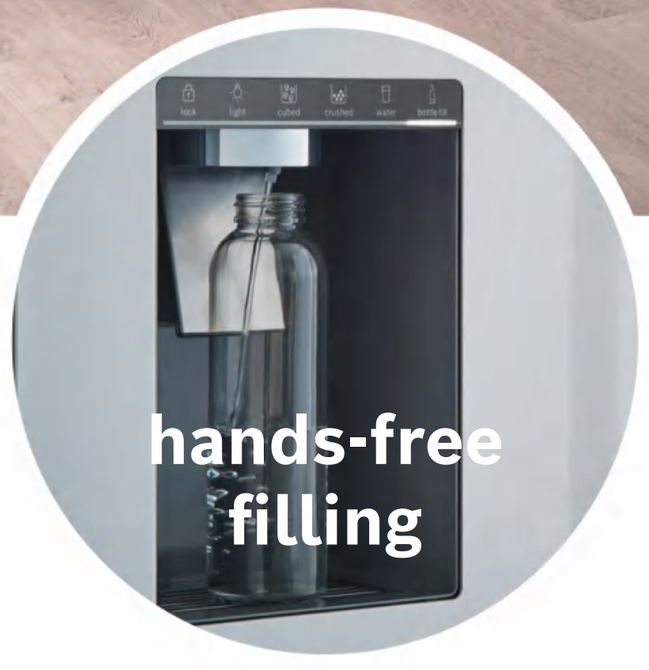


PROP STYLING BY ANDREA GRECO

Photograph by Ted + Chelsea Cavanaugh









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**Based on single ice maker production rates during a 24-hour period, measured per IEC standard and manufacturer user’s manuals, for brands identified in US and Canada TraQline as freestanding French door bottom mount refrigerators.

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Clever Items
Little Helpers to Make Your Life Easier

BY BRANDI BROXSON



1

A BETTER WHEY

That block of tofu wants to fry up all crispy, but it needs your help getting the sog out. Place it in this cute bamboo press to remove excess water 20 minutes before cooking. **TO BUY:** Tofu Turtle Press, $30; kikkerland.com.



2

BRIGHT IDEA

Chunky neon pencils won't dry out, bleed through paper, or smear text like a highlighter pen can. Plus? No plastic will end up in a landfill. **TO BUY:** Couleurs Fluos Highlighter Pencils by Caran d'Ache, $4 each; cwpencils.com.



3

HEADACHE BUSTER

Stow this lifesaver in the freezer and wrap it around your noggin when you feel the tension creep in. The segmented icy pouches contour to your head and chill the pain away. **TO BUY:** Headache Hat, $40; theheadachehat.com.



4

USE YOUR HEAD

This adjustable hat has a hidden pocket in the crown for stashing cards or cash. The moisture-wicking lining keeps you dry on a run or the golf course. **TO BUY:** A-Game Hydro Hat, $59; melin.com.



5

BEWITCHING BROOM

It only seems like magic: This sweeper stands upright when not in use. Hardy bristles whisk away wet or dry debris indoors and out. **TO BUY:** Self-Standing Coconut Palm Broom, $25; thegrommet.com.



6

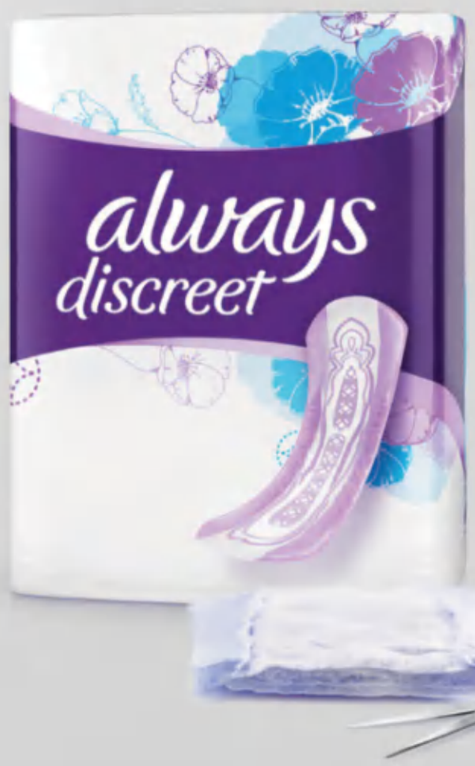
SEE SPOT RUN

This jingle-free pet tag has a built-in Tile Bluetooth tracker so you can view your pet's location on the app. There's even a ring feature that will emit a sound from the tag so you can find Fluffy in a jiff. **TO BUY:** Qalo TraQ, $50; qalo.com.

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SWEET STUFF

APPLE CIDER DOUGHNUT TOWER

This wow-worthy dessert has all the cozy fall flavors—without requiring a single minute of baking.

BY MELISSA GRAY



ACTIVE TIME **20 MINUTES**
TOTAL TIME **20 MINUTES**
SERVES **16**

- 1½ cups heavy whipping cream
- 1 8-oz. pkg. cream cheese, softened
- ½ cup confectioners' sugar
- ¼ cup pure maple syrup
- ½ tsp. vanilla extract
- ¼ tsp. kosher salt
- 28 apple cider doughnuts
- 1 cup jarred caramel topping
- Chopped toasted pecans, for serving

BEAT whipping cream in a large bowl with an electric mixer until stiff peaks form, about 2 minutes. Beat cream cheese, sugar, syrup, vanilla, and salt in a separate large bowl (no need to clean beaters) until smooth, 2 to 3 minutes. Gently fold whipped cream into cream cheese mixture.

SPREAD 1 tablespoon whipped cream mixture over center of a cake stand or platter. Place 1 doughnut in center and arrange 6 doughnuts in a circle around center. Spread 1 cup whipped cream mixture over top. Repeat with 7 doughnuts and 1 cup whipped cream mixture. Arrange 5 doughnuts in a circle, with edges touching, on top. Spread on ¾ cup whipped cream mixture. Repeat with 5 doughnuts and ¾ cup whipped cream mixture, stacking directly on top of previous layer. Arrange 3 doughnuts in a circle, with edges touching, on top. Spread on ⅓ cup whipped cream mixture. Place remaining doughnut on top.

SPOON caramel topping over doughnut tower. Top with remaining whipped cream mixture and pecans.

FOOD STYLING BY MELISSA GRAY; PROP STYLING BY CHRISTINA DALEY

Photograph by Jennifer Causey

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good

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BY HEATHER MUIR MAFFEI



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PROP STYLING BY ANDREA GRECO

Photograph by Ted + Chelsea Cavanaugh

Aerin's aunt, Evelyn Lauder, cocreated the pink ribbon!



1

1 KIT FOR A CAUSE

Aerin Rose Lip Conditioner and Wild Geranium Travel Spray Set

Smell nice and do good: The full purchase price of this slightly tinted balm and floral purse mist goes to the Breast Cancer Research Foundation. **TO BUY:** $50; esteelauder.com.



2

This splurge goes far. A dime-size drop prevents split ends and fading.

2 STRESSED-STRANDS REMEDY

Redken Acidic Bonding Concentrate Shampoo and Conditioner

If the sun or heat styling has fried your hair (oops), this concentrated duo uses citric acid to whip tresses back into shape. **TO BUY:** $30 each; ulta.com.



3



4



5

3 A COLD ONE FOR YOUR COMPLEXION

Kiehl's Ferulic Brew Antioxidant Facial Treatment with Lactic Acid

With ferulic and lactic acids brewed for 120 hours, this exfoliating essence revs up radiance and helps soften fine lines. Press into skin after cleansing. **TO BUY:** $52; kiehls.com.



6



7

4 NO-WHITE-CAST SUNSCREEN

Live Tinted Hueguard

This marigold-hued mineral SPF 30 blends seamlessly into dark skin tones. It protects against UV rays, moisturizes, and acts as a primer. **TO BUY:** $32; livetinted.com.

5 A SPA DAY FOR SORE EYES

Erin's Faces Firming Eye Gel

Instant relief for puffy peepers: Cucumber seed oil and aloe vera soothe and firm, and the formula stays smooth under makeup. **TO BUY:** $29; erinsfaces.com.

6 AHHH IN A TUBE

Aquaphor Itch Relief Ointment

The fave got an upgrade. This new cream has hydrocortisone to quell itchiness caused by bugbites, rashes, eczema, and poison ivy. Dab it on and don't miss a beat. **TO BUY:** $7; target.com.

7 TLC FOR TATTERED LASHES

RevitaLash Cosmetics Lash & Brow Masque

Nourishing ingredients form tiny tubes around hairs to help strengthen weak lashes. **TO BUY:** $49; nordstrom.com.

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WE FOUND IT!

The Drill That Boosts My Skills

BY RORY EVANS

REAL SIMPLE
Executive Editor



Marrying a cabinetmaker has its perks even beyond the six (!) kitchens he's built for us. Thanks to Jamie, I know that hammers generally stink, and if you really want to get something done right, you use a drill. His meaty pro-style drill scared me, though, when I switched between the drill bit and the screwdriver bit and put my fingers too close to the angry, Demogorgon-like chuck. But those fears went away the second Jamie gifted me the **Worx Power Share Switchdriver** (who *says* romance is dead?!). This light, cordless baby has two chucks that rotate with the press of a button. The overall effect is to make me a capable badass—not merely the wife of one.

TO BUY: 20V Power Share Switchdriver 2-in-1 Drill & Driver, from $70; worx.com. Turn to page 12 for a discount.

Press the red button to rotate the chucks and switch from drilling holes to driving screws.

The quick-release chucks have a hex base, so bits pop in and out easily and sit totally straight.

PROP STYLING BY ANDREA GRECO; ILLUSTRATION BY BABETH LAFON

Photograph by Ted + Chelsea Cavanaugh

SPACE OF THE MONTH

An A+ Job

This rec room uses soothing pastels and warm wood tones to make its point.

BY LESLIE CORONA



COURTESY OF PAUL AND KRISTY BENSON



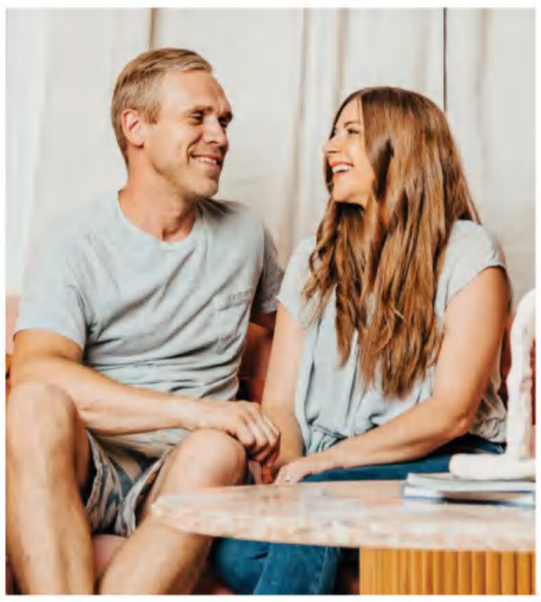
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Meet the Owners

PAUL AND KRISTY BENSON

The husband-and-wife design team behind the Instagram account @bensondwelling love the retro vibes of an A-frame, so they jumped at the chance to buy this getaway in Pennsylvania's Pocono Mountains. The home's peak feature is the family lounge, where everyone congregates and kicks back for movie nights. (There's a hideaway projection screen mounted on one of the beams.)



Round coffee tables are ideal for spaces shared with kids—no sharp edges!

Get the Look

WALLS THAT WOW

It's tricky to hang art on an angled surface, so the Bensons turned the 26-foot walls into art by sanding them to bring out the wood grain. White beams add contrast to the expanse of cedar.

A PRETTY PALETTE

Soft colors balance out the angular architecture and keep the room feeling light and playful.

A IS FOR AERIE

To make the most of the room's height, the Bensons put a guest-bed loft at the tippy-top, accessible by a bookshelf-staircase creation they built.

ONE OF A KIND

The couple handmade many items (like those stairs and the coffee table), scoured Facebook Marketplace for vintage finds, and upgraded store-bought pieces (swapping out sofa feet for a set from Lowe's, for example).

TO BUY: Dolly Natural Bookcase, $499; crate andbarrel.com. Round Tufted Velvet Pillows, $17 each; worldmarket.com. Velvet Track Arm Sectional Sofa by Drew Barrymore Flower Home, $1,100; walmart.com. Lucca Pillow Set, $99 for 2; article.com. Prickly Pear Cactus, $69; bloomscape.com. Pedestal Coffee Table, $499; westelm.com. Jozy Throw Blanket, $59; polyandbark.com.

COURTESY OF PAUL AND KRISTY BENSON (2); PRODUCT IMAGES COURTESY OF MANUFACTURERS

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fig. 1





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ILLUSTRATION BY SANNY VAN LOON/SHOP AROUND

MY SIMPLE REALIZATION

"It's My Home Too"

Long an understudy in the kitchen to a mother-in-law who is an excellent cook, JENNA HELWIG found the confidence to make a dish just as she wished.

MY MOTHER-IN-LAW is an Italian mama in the Sophia Loren mode, glamorous and generous, beautifully dressed and an effortlessly excellent cook. (Is Sophia Loren a good cook? I don't know, but I imagine she is.)

When I first met Iolanda 20 years ago, I was a kitchen novice, hungry to learn but thoroughly intimidated working alongside her. Whenever I asked for a recipe to follow, Iolanda shook her head. She added a little of this and a little of that. Delicious meals came together by eye and taste. Every time my husband, Dave, and I visited his parents in Montreal, I served as her sous chef, picking parsley off the stems, turning battered zucchini blossoms in bubbling oil, and stirring creamy sauces destined for a tangle of pasta, jotting down notes all the while.

On one of our visits, a few years after I finished culinary school—but when I was still shy in her kitchen—Iolanda asked me to make some cauliflower. When I asked how she wanted me to prepare it, she smiled and said, "In your own way. It's your house too, Jenna."

I found the head of cauliflower, chopped it into florets, bathed the florets in olive oil, showered them with salt and pepper, and set them on a baking sheet to roast at high heat. When we checked them after a half hour, my mother-in-law said they looked tender. Weren't they ready? I shook my head; they needed more time. I left them in the oven until they were golden brown with crisp bits, then I tossed them with balsamic vinegar and plenty of grated Parmesan. After a few more minutes of roasting, the cauliflower was glossy and full of flavor.

At the table, Iolanda marveled at the dish. Despite her culinary brilliance, she rarely roasted vegetables, preferring to boil them. (In fact, the only thing she's ever made that I disliked was corn on the cob, which she boiled into gummy submission.)

That night Iolanda asked me for the recipe, and I confessed I didn't have one. We both laughed, and later in the visit I made the dish again with her at my side.

After that, my confidence in her kitchen blossomed. While I still have so much to learn from her, I finally understand that, like a true cook, she wants to keep learning too. We're a team in the kitchen now. I no longer feel like an interloper, but if I ever have a moment of doubt, I remind myself that thanks to her, it's my home too. ■

JENNA HELWIG IS REAL SIMPLE'S FOOD DIRECTOR. HER MOST RECENT COOKBOOK, *BARE MINIMUM DINNERS,* WAS PUBLISHED IN SEPTEMBER.

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GUIDES



SIMPLE TWIST

Give It a Whirl

The gadget you use to wash fragile leafy greens also works great for delicate sweaters, blouses, and bras. Handwashing can be key for wool and silk items because the machine may cause damage, says Mary Johnson, a scientist for Tide and Downy. (As a rule, check the care label before you launder anything.) Just fill your salad spinner about halfway with cold water and add a teaspoon of gentle detergent. We like Woolite Delicates ($6 for 16 oz.; target.com). Let the garment soak for 10 minutes, then slowly spin it a few times to lift away dirt and stains. Next, replace the dirty water with clean water and spin again. When the water is clear, pour it out and spin the item one last time before laying it flat on a towel to dry. Then wash the spinner, rinse, and repeat...with tonight's salad.

—Martha Upton

PROP STYLING BY ANDREA GRECO

Photograph by Ted + Chelsea Cavanaugh

THINGS COOKS KNOW

Apple Picking

With more than 100 types grown in the U.S., the selection at the store can feel overwhelming. Here's how to buy the best apple for every application.

BY JENNA HELWIG



CHOOSE WISELY

Color isn't a good indicator of ripeness or flavor. Texture is. No matter what the apples are destined for—brown-bag lunches or holiday pies—look for fruit that feels firm with no squishy spots, says Jürgen David, a pastry chef and instructor at the Institute of Culinary Education. Many grocery store apples look extra shiny because they're treated with a thin spray of wax, which is edible. For optimal taste and texture, you can try removing the wax with hot water.

Best for Baking

Pink Lady apples are the top grocery store choice for Amy Traverso, author of *The Apple Lover's Cookbook,* because they retain their shape during long stints in the oven. "They hold up well in pies and crisps, and the skin keeps its pink color when baked whole," she says. If she's at a farmers market, she looks for her all-time fave, the Northern Spy: "It's just a fantastic pie apple. The slices get tender without dissolving, and the flavor is so rich and a little spicy."
MORE TOP PICKS: Granny Smith, Braeburn, Golden Delicious, Jonagold.

Best for Snacking

For a crisp, juicy, sweet-tart apple to toss whole into lunch bags, you can't go wrong with a Honeycrisp, one of the most popular (though pricey) apples in the country since its introduction in 1991. But you can also just follow your cravings. If a tart Granny Smith calls your name, perhaps sprinkled with flaky sea salt to tame its sourness, or a tender McIntosh floats your boat, enjoy! Traverso also encourages people to try local, less well-known varieties. "Each type has a distinct flavor, from lemon to grape to vanilla to even raspberry," she says.
MORE TOP PICKS: Gala, Fuji, Jazz, Cosmic Crisp.

Best for Salads and Cheese Boards

Key qualities are crispness and resistance to browning, so seek out one of the newer varieties, like Opal, that are cultivated to resist oxidation (i.e., discoloring when cut and exposed to air). Here's a trick for keeping other types of apples fresh in the salad bowl: Coat the slices or chunks in dressing before tossing them with the salad. The acid in the dressing will keep them free of discoloration longer.
MORE TOP PICKS: SweeTango, Lady Alice, Honeycrisp, Ginger Gold.

Storage Smarts

When stored in a cold, dark spot, apples last for weeks, possibly even months. "If you have a dark cellar, that's the best option," David says. "Otherwise keep them in the fridge's crisper drawer in a paper bag to protect them from light." Since one bad apple truly does spoil the barrel, be sure the fruit is dry before storing, and use any with blemishes first. Traverso notes that some newer varieties, like Cosmic Crisp and CrimsonCrisp, are excellent keepers and, if stored properly, can last for up to a year (!). ■

Illustration by Adam Cruft

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HEALTHY AT HOME

Home In on Clean Air

It's time to consider a purifier—because the environment inside your house is just as important as the one outside your door.

BY AMY MACLIN

WHEN YOUR WINDOWS are besmirched with fingerprints, you know you should give them the once-over. Unfortunately, it's not always as easy to tell when you need to clean your indoor air. Levels of environmental pollutants can be two to five times higher inside than they are outside, according to the EPA. Plus, you've got shedding cats, sizzling bacon, scented hairspray, and other things that may leave your air less than fresh. Now that a pandemic has made us more aware than ever of what we're taking in through our lungs, air purifiers are catching on: Last year, U.S. sales grew by 57 percent. Here's why you might want to invest in one, along with a few other ideas to create a healthier domestic atmosphere.

Do I Need an Air Purifier?

If you're allergy- and asthma-free and live in a place with good air quality (check yours by zip code at airnow.gov), you can probably get sufficient ventilation by opening your windows for at least a few minutes daily (yes, even in winter). However, if any of the following sounds familiar, extra help might be in order.

YOU'RE SNEEZING, WHEEZING, AND ITCHY-EYED "We take about 20,000 breaths each day and spend 90 percent of our time indoors," says Kenneth Mendez, president and CEO of the Asthma and Allergy Foundation of America. "Reducing exposure to substances that trigger allergy and asthma symptoms, like dust, pollen, and pet dander, is important. Eliminating

these triggers by using air cleaners is a great place to start." Purifiers can also help screen out volatile organic compounds (VOCs)—chemicals emitted by certain household and personal care products, from detergent to perfume—which studies show may worsen asthma.

YOU LOVE TO ROAST TURKEY, BUT YOUR EXHAUST FAN IS FOR THE BIRDS Cooking, especially on a gas stove, can produce fine particles of pollution as well as VOCs that can be hazardous, says Marina Vance, PhD, assistant professor of mechanical engineering and environmental engineering at the University of Colorado Boulder. In one study, Vance and her fellow researchers cooked Thanksgiving dinner on a gas stove in a three-bedroom house. For a few hours, the pollution levels were higher than those in Delhi, India. Before you panic: "These elevated levels were temporary," Vance notes, "and the health effects aren't comparable to those of living in a polluted city, which has poor air quality for much of the year." Still, if you're cooking a big meal, it's best to get some fresh air, by using a purifier or opening a window.

YOUR OUTDOOR AIR QUALITY IS NOXIOUS If you live in an area where wildfires happen regularly or in an urban environment with routinely bad pollution, a purifier can help mitigate the indoor damage. And there *will* be indoor damage, Vance says: "No home is perfectly sealed. Outdoor air comes in through leaks and cracks." That's good for limiting mold growth, but not good when pollution and fire particles slip through.

No home is perfectly sealed. Outdoor air comes in through leaks and cracks.

How Do I Choose a Purifier?

Opt for one certified by the Association of Home Appliance Manufacturers. You'll usually see the AHAM seal on the box, which means the purifier has been through standardized testing in a lab. A few other things to keep in mind:

LOOK FOR BOTH HEPA AND CARBON FILTERS A high-efficiency particulate air filter will gather at least 99.97 percent of dust, pollen, mold, bacteria, and other airborne particles, says Richard D. Shaughnessy, PhD, director of the Indoor Air Program at the University of Tulsa. Note that a "HEPA-type" filter is not the same. It may be less expensive, but it's also less effective. Check out the minimum efficiency reporting value (MERV), which indicates a filter's ability to capture larger particles: the higher the MERV, the more effective the filter. To address VOCs and gaseous pollutants associated with odors, get a purifier with a carbon filter as well, Vance adds.

EXERCISE CAUTION WITH IONIZING PURIFIERS They attract particles by emitting small electrical charges. They may also release ozone, Shaughnessy says: "We need ozone in the upper atmosphere, but on earth, it reduces pulmonary function and can be dangerous to your health."

CONSIDER THE SIZE OF YOUR ROOM As with air conditioners, you need a machine made for the size of the space. The clean air delivery rate (CADR) measures the volume of clean air the purifier recirculates. "The higher the CADR, the more particles the cleaner can filter, and the larger the room it can serve," says Isabella Bennett, public affairs specialist for the EPA. "Most packaging will tell you the largest area where the purifier should be used." You can also check out the calculator at the AHAM site ahamverifide.org. Enter your room's dimensions and you'll get a list of certified products that suit your space.

How Do I Use It?

Unless you only need spot purifying—say, during a Saturday morning fry-up—it's best to leave your purifier on whenever you're home, Vance says. Change your filter according to the manufacturer's recommendation (usually every three months to a year). "This is especially important with a carbon filter," Vance says. "A HEPA filter just gets caked up, but if a carbon filter accumulates enough VOCs, it can rerelease them."

What Else Can I Do?

Get rid of any mold in your home and make sure it can't return, which means keeping the air as dry as possible. You can also try dustproof pillow and mattress covers and regularly use a vacuum with a HEPA filter. "A lot of these methods are about addressing pollutants at the source," Bennett says. ■

PROMOTION

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EXPERT HELP

Who You Gonna Call?

Home improvement pros share the fix-it folks you should keep in your contact list in case of emergency.

BY STEPHANIE SISCO



Illustrations by Joel Holland

SURE, YOU PROBABLY have a go-to plumber and electrician, but getting the digits for some additional tradespeople will be critical in a pinch (and could save you hours of scrolling through the rabbit hole known as your neighborhood's Listserv). Here are eight areas to start with.

INSIDE THE HOUSE

Appliances

If your fridge or range is past its warranty or you've purchased it used, a repair person will be helpful. The thing is, if you have a bunch of different brands, you may need a few technicians (truly, it takes a village!). For instance, the person who knows the ins and outs of your beloved though very moody 13-year-old Sub-Zero might not know anything about your newfangled washer and dryer.

Where to get recommendations: Ask your neighbors, especially if you live in a development where every house has more or less the same brand of appliances. Or look on manufacturers' websites for their affiliated repair services.

Did you know? If your appliance has given up the ghost, you may be able to find a bargain replacement on a resale site like Facebook Marketplace or eBay. Search for "lightly used" or "open box" units.

Vent and Flue

Dryer lint is some of the most flammable stuff in your home, so you definitely don't want it building up inside the vent and putting you at risk of a house fire. Also? Drying your towels stops being an all-day event when air can actually circulate. Get your chimney cleaned and inspected annually by a certified chimney sweep, and thoroughly clear out the full length of your dryer vent—not just the lint trap—at least once a year.

Where to get recommendations: Visit the Chimney Safety Institute of America's site (csia.org) or dryersafety.org to find local, certified help. You can also check sites like HomeAdvisor and Nextdoor for reviews and recommendations.

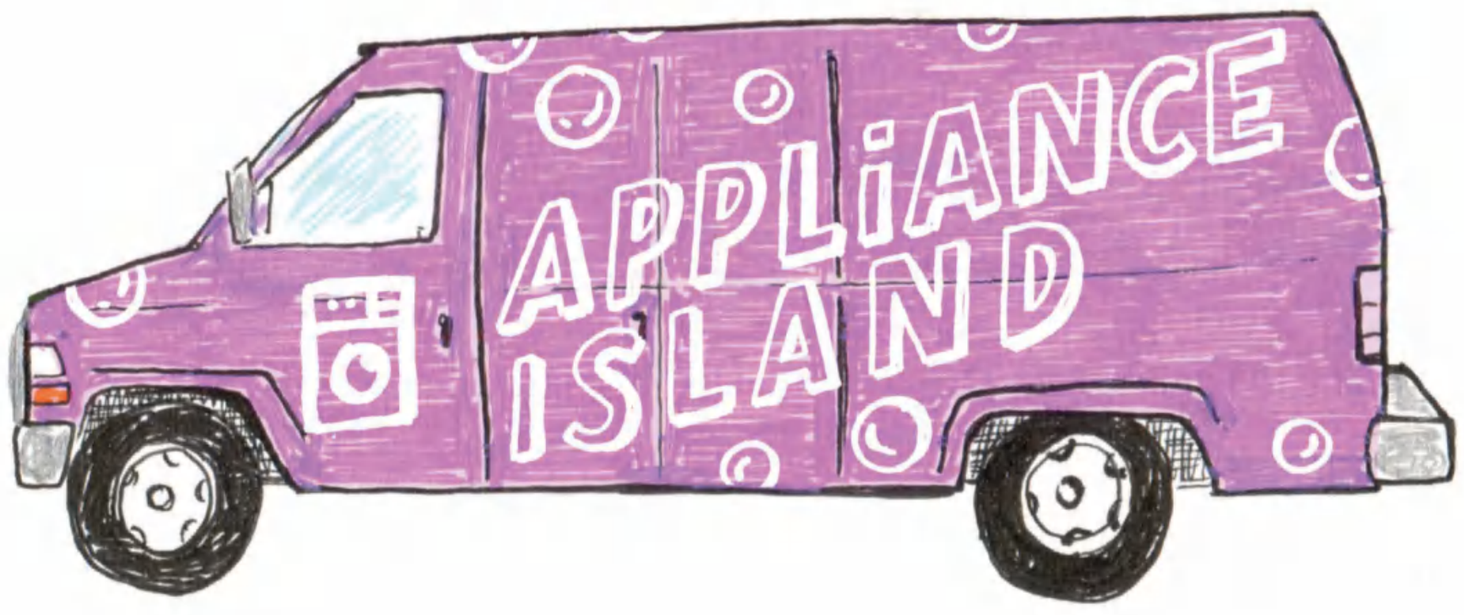
Did you know? For a dryer vent to operate safely and properly, it has to release exhaust to the outside (not into the attic or chimney). Otherwise moisture can entice bugs and vermin and harm the structure of the exhaust pipe.

Pests

Reach out to an exterminator if you notice evidence of unwanted guests, like little piles of what look like wood shavings (but may be discarded wings from termites or carpenter ants), or a swarm of bees near your porch. If your problem is bigger (say, a mama raccoon and her babies are calling your attic home), a wildlife control officer or game warden may be in order.

Where to get recommendations: Contact your exterminator. If they can't fix what's bugging you, they can likely point you in the direction of a pro who can.

Did you know? Bees can fit through tiny spaces, so fill any gaps (large and small) in your porch, attic, or other problem spot with foam or caulk. Don't kill bees: Many states have enacted legislation that protects pollinators.





Flooding

After a flood, you'll need someone who can work magic to save your carpet or hardwood floors and prevent mold. Knowing of a flood remediation service beforehand can be key, since these folks tend to get swamped with jobs after weather events. (If the hurricane damaged your home, it likely damaged your neighbors' as well.)

Where to get recommendations: First check if your home insurance carrier can help. Then, if you've worked with a contractor in the past, hit them up for their preferred service, as they've likely had to deal with the headache of water damage on previous jobs.

Did you know? You can install a leak detector (either a standalone unit or a smart whole-home system) that will automatically shut off the water in seconds if it's coming from your own plumbing, or alert you to a problem before it causes irreparable damage.





OUTSIDE THE HOUSE

Trees

Occasional trimming and wound care could mean that the 50-year-old oak out front will thrive for decades to come—and not slice through your attic like butter in the next big storm. An arborist can assess the overall health, looking for disease, rot, or infestation. They can also guide you if your town or homeowners association has rules about removal.

Where to get recommendations: A landscaper may have an arborist on staff or be able to connect you with one. If you live in a development, your HOA may have a list of preferred services. Alternatively, search the directory at treesaregood.org to find a local tree care pro.

Did you know? If you live in a region prone to wildfires, strategic tree trimming around the house can help prevent your home from going up in flames.

Septic and Water Systems

Septic systems should be inspected and pumped every three to five years. If your area has hard water (one tip-off: your stemware comes out hazy after a run through the dishwasher), you may need a water softener system, which should be serviced annually.

Where to get recommendations: Keep your eyes peeled for septic maintenance trucks in the neighborhood as you start your search.

Did you know? Well water can contain radon gas, which is quite dangerous but can be easily treated. Have a certified radon mitigation professional (found through your local department of environmental protection) test yours.

OUR EXPERTS

STEVE CUNNINGHAM, CHAIR OF THE NATIONAL ASSOCIATION OF HOME BUILDERS AND PRESIDENT OF CUNNINGHAM CONTRACTING IN WILLIAMSBURG, VIRGINIA

MIKE HOLMES, PROFESSIONAL CONTRACTOR AND HOST OF DIY NETWORK'S *HOLMES AND HOLMES* AND *RETOOLED*

LACEY SOSLOW, COFOUNDER OF MATRIARCHY BUILD, A DIGITAL HOME-IMPROVEMENT PLATFORM FOR WOMEN AND THE LGBTQ COMMUNITY

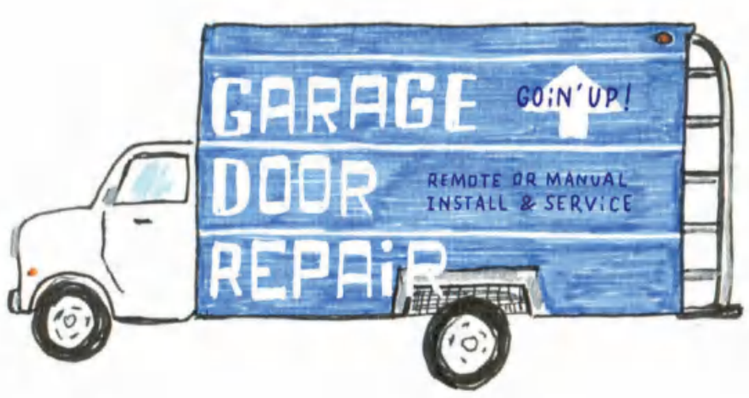
CHRIS ZEISLER, TECHNICAL SERVICE SUPERVISOR AT REPAIRCLINIC.COM

Garage Door

When an automatic garage door is on the fritz, it's like riding a time machine to before the 1970s, when the remote control versions were popularized. (*What do you mean, I have to get out of the car to open the door?!*) If yours starts clicking or sticking, it's time to call in the pros.

Where to get recommendations: Look for a maker's mark on the device in your garage and check the website for local affiliated service providers.

Did you know? The latest technology allows homeowners to remotely open the garage door for delivery drivers to leave packages securely inside.



Overall Home Health

Even if you're not buying or selling, a seasoned home inspector should highlight any deficiencies and help you make informed maintenance decisions (your heart wants to splurge on raised planters, but your head knows you should fix the rickety steps first). Look for a certified inspector, preferably with a construction or engineering background.

Where to get recommendations: A local real estate agent can suggest reliable inspectors.

Did you know? Home inspections are not just for new—or new-to-you—homes. Get yours inspected before and after a large renovation to help ensure the space is safe. ■

ADVERTISEMENT

REIMAGINE

Your Home as a Stylish Oasis

When it comes to decor, small updates can make a big impact. Here's how you can switch up your space in a snap and keep it bug-free with help from Raid Essentials™.



1. Organize Your Shelves

Swap in seasonal accents throughout the year: think fresh flowers for springtime or a festive jar filled with peppermint candy for the holidays. Books and personal trinkets like framed photographs can also act as decor. Get creative!

2. Hang Your Favorite Art

Add pops of color and let your personality shine by creating a vibrant gallery wall filled with paintings, drawings, and photographs. Consider mounting a mirror to make a room feel larger and brighter.

3. Decorate With Greenery

Small houseplants can freshen up tables and shelves, while larger floor plants can fill empty spaces. Worried you'll forget to water them? Opt for lower-maintenance options like succulents or use faux plants instead!

4. Layer Plush Pillows

Soften up seating areas with these decorative accents. They'll elevate the room and keep you comfortable. Don't be afraid to mix and match different colors, prints, shapes, and sizes.

5. Beat the Bugs

Use Raid Essentials™ to help safely* protect your home from ants, roaches, and other crawling insects. The easy-to-use spray is made with essential oils and is specifically designed with plant-based active ingredients to kill bugs.

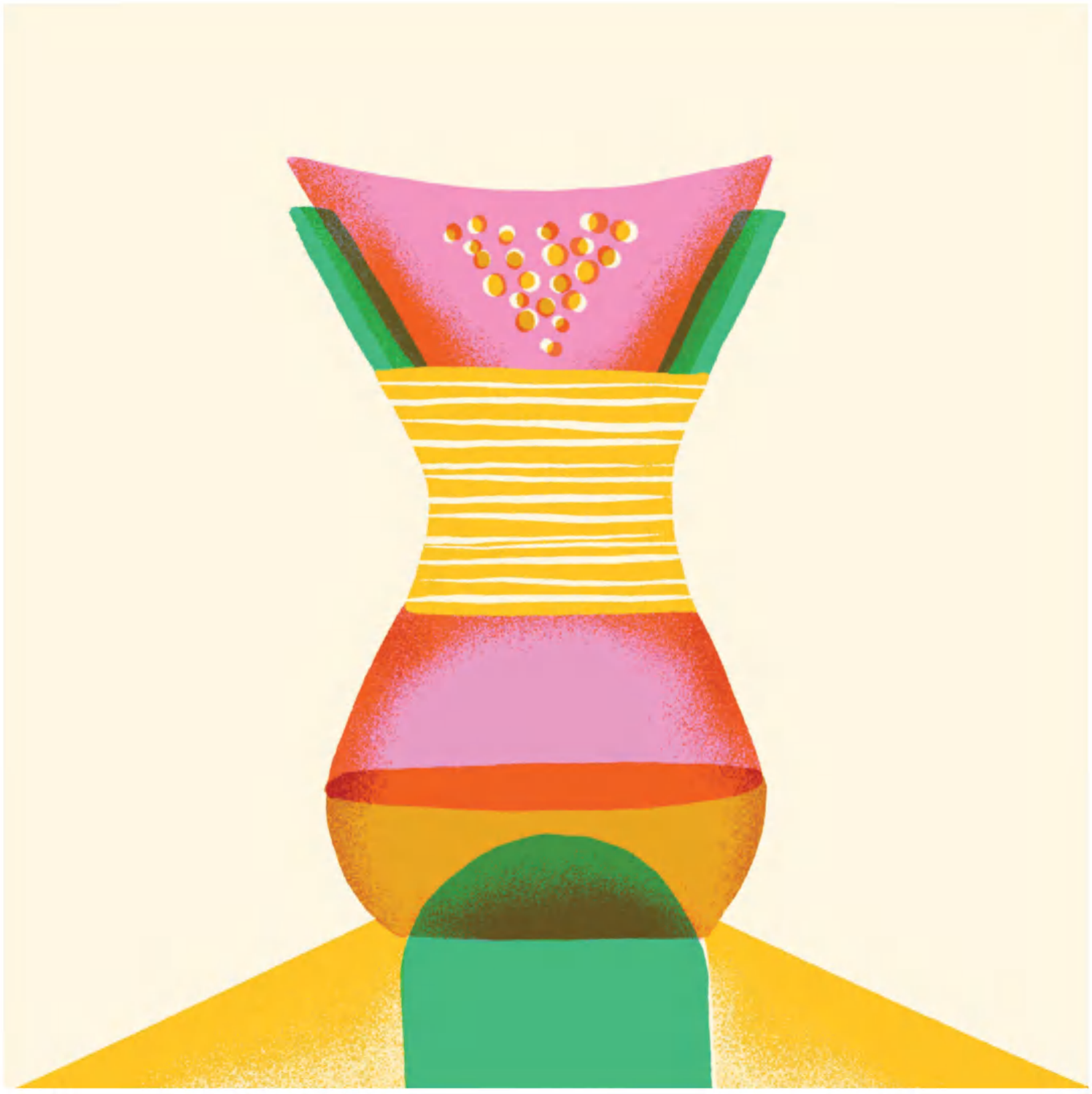


*When used as directed.

Raid ESSENTIALS

PROTECTION FOR EVERYONE™

SCAN THE CODE TO LEARN MORE ABOUT KEEPING YOUR HOME BUG-FREE WITH HELP FROM RAID ESSENTIALS™.



THE POWER OF LESS

COFFEE-RELATED WASTE

Revamping your java routine, not eliminating it, has perks for the environment.

BY LESLIE CORONA

ODDS ARE YOU CAN'T START YOUR DAY without coffee. Or your afternoon. Or your evening. Americans drink as many as 646 million cups of the stuff every day, and a lot of coffee-related waste results, whether we brew at home (pods, filters, grounds!) or buy from the local café (cups, straws, stir sticks!). Here's how to get your caffeine fix without breaking the planet.

Illustrations by Marisol Ortega

A Delightful

BREAKFAST FOR EVERY *kind* OF MORNING



TURKEY SAUSAGE

WHOLE GRAINS

REAL VEGGIES

Jimmy Dean DELIGHTS®

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Get to Less

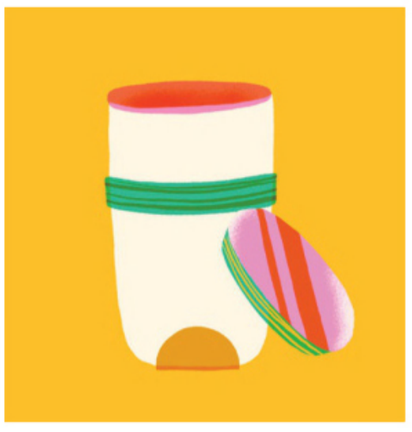
HOME BREW TIP #1: USE FEWER FILTERS
With a drip coffee maker, most waste comes from the filters and grounds. Aim to buy only paper filters, which can be composted. Better yet, get a reusable mesh or washable cotton version (such as the Reusable Coffee Filter, $13.50 for 2; shopwithgoodintent.com). Used grounds can go into the compost, or you can dry them and place them at the bottom of your trash can to deodorize it. You can even sprinkle a small amount onto the soil of plants like daffodils and azaleas to help nourish them, says Kristie Blumer, a senior organics solutions manager at Compost Crew in Rockville, Maryland. (Many tea bags are compostable too—but remove the tiny staple on the tab first.)

HOME BREW TIP #2: REFILL YOUR POD
If you have a pod coffee maker, do not pass Go, do not collect $200: Switch immediately to a refillable pod (like the My K-Cup Universal Reusable Coffee Filter, $15; keurig.com) so you won't add more pods to the estimated 10s of billions already sitting in U.S. landfills. Even recycling them with your plastic is risky, since many recycling facilities can't process them, says Darby Hoover, a senior resource specialist from the Natural Resources Defense Council. If you have a Nespresso machine, enroll in the company's send-back program: When you order pods, you also get a preposted envelope for your empties, which are then recycled.

Do not pass Go, do not collect $200: Switch immediately to a refillable pod.

ON-THE-GO JOE TIP #1: SUCK UP TO A STEEL STRAW
To paraphrase your nana's fridge magnet: A moment on the lips, a lifetime on the… planet. It's estimated that at least 437 million straws pollute the world's coastlines. If you're still using plastic straws (did you miss that viral sea turtle video?), convert to washable stainless-steel versions ($10 for 3; avana.com) and carry a few in your bag. As for stirrers, the wooden ones are, of course, more biodegradable than the plastic ones. But you can get the job done by carefully swirling your cup around, says Melanie Mannarino, author of *The (Almost) Zero Waste Guide*.

ON-THE-GO JOE TIP #2: YOUR CUP RUNNETH WITH YOU
Most paper coffee cups are lined with a thin membrane of plastic and therefore not recyclable, Mannarino says. So carry around a thermos-style cup like the Traveler (from $30; swell.com). It keeps drinks hot or cold—which means you'll also avoid sending those plastic iced coffee cups into the waste stream. If you forget your thermos occasionally, it's usually fine to recycle that plastic cup. Just take off the sticker with the botched spelling of your name. ■



IF YOU DO JUST ONE THING

Bring your own mug to the café.

GET AHEAD OF ECZEMA AND SHOW MORE SKIN

DUPIXENT is a breakthrough biologic treatment that targets a key source of inflammation that can lead to uncontrolled moderate-to-severe eczema (atopic dermatitis).

Approved for ages 6 and up.

- **Fast itch relief***
- **Clearer skin that lasts***
- **Not an immunosuppressant**
- **Not a cream or steroid**

*In a clinical trial at week 16, 59% of adults taking DUPIXENT + topical corticosteroids (TCS) had significantly less itch vs 20% on TCS only; 39% saw clear or almost clear skin vs 12% on TCS only. 36% saw clear or almost clear skin at week 52 vs 13% on TCS only.

HELP HEAL YOUR SKIN FROM WITHIN™

DEBBIE, REAL PATIENT
Individual results may vary.

DUPIXENT®
(dupilumab) Injection
200mg · 300mg

TALK TO YOUR ECZEMA SPECIALIST AND GO TO DUPIXENT.COM TO FIND OUT MORE

INDICATION

DUPIXENT is a prescription medicine used to treat people aged 6 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

IMPORTANT SAFETY INFORMATION

Do not use if you are allergic to dupilumab or to any of the ingredients in DUPIXENT®.

Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you: have eye problems; have a parasitic (helminth) infection; are scheduled to receive any vaccinations. You should not receive a "live vaccine" if you are treated with DUPIXENT; are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby. There is a pregnancy exposure registry for women who take DUPIXENT during pregnancy to collect information about the health of you and your baby. Your healthcare provider can enroll you or you may enroll yourself. To get more information about the registry call 1-877-311-8972 or go to https://mothertobaby.org/ongoing-study/dupixent/; are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements.

Especially tell your healthcare provider if you are taking oral, topical or inhaled corticosteroid medicines or if you have atopic dermatitis and asthma and use an asthma medicine. **Do not** change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

DUPIXENT can cause serious side effects, including:

Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis. Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.

Eye problems. Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

The most common side effects in patients with atopic dermatitis include injection site reactions, eye and eyelid inflammation, including redness, swelling, and itching, and cold sores in your mouth or on your lips.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Use DUPIXENT exactly as prescribed. Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it. DUPIXENT is an injection given under the skin (subcutaneous injection). If your healthcare provider decides that you or a caregiver can give DUPIXENT injections, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a caregiver.

Please see Brief Summary on next page.

SANOFI GENZYME REGENERON

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YOU MAY BE ELIGIBLE FOR AS LITTLE AS A $0 COPAY.† CALL 1-844-DUPIXENT (1-844-387-4936)

†**THIS IS NOT INSURANCE.** Not valid for prescriptions paid, in whole or in part, by Medicaid, Medicare, VA, DOD, TRICARE, or other federal or state programs, including any state pharmaceutical assistance programs. Program has an annual maximum of $13,000. Additional terms and conditions apply.

Brief Summary of Important Patient Information about DUPIXENT® (dupilumab) Rx Only
(DU-pix'-ent)
injection, for subcutaneous use

What is DUPIXENT?
- DUPIXENT is a prescription medicine used:
  - to treat people aged 6 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids.
- DUPIXENT works by blocking two proteins that contribute to a type of inflammation that plays a major role in atopic dermatitis.
- It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

Who should not use DUPIXENT?
Do not use DUPIXENT if you are allergic to dupilumab or to any of the ingredients in DUPIXENT. See the end of this summary of information for a complete list of ingredients in DUPIXENT.

What should I tell my healthcare provider before using DUPIXENT?
Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:
- have eye problems
- have a parasitic (helminth) infection
- are scheduled to receive any vaccinations. You should not receive a "live vaccine" if you are treated with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.
  - **Pregnancy Exposure Registry.** There is a pregnancy exposure registry for women who take DUPIXENT during pregnancy. The purpose of this registry is to collect information about the health of you and your baby. Your healthcare provider can enroll you in this registry. You may also enroll yourself or get more information about the registry by calling 1 877 311-8972 or going to https://mothertobaby.org/ongoing-study/dupixent/.
- are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all of the medicines you take including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Especially tell your healthcare provider if you:
- are taking oral, topical, or inhaled corticosteroid medicines
- have atopic dermatitis and asthma and use an asthma medicine

Do not change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

How should I use DUPIXENT?
- **See the detailed "Instructions for Use" that comes with DUPIXENT for information on how to prepare and inject DUPIXENT and how to properly store and throw away (dispose of) used DUPIXENT pre-filled syringes and pre-filled pens.**
- Use DUPIXENT exactly as prescribed by your healthcare provider.
- Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it.
- DUPIXENT comes as a single-dose pre-filled syringe with needle shield or as a pre-filled pen.
- DUPIXENT is given as an injection under the skin (subcutaneous injection).
- If your healthcare provider decides that you or a caregiver can give the injections of DUPIXENT, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a caregiver.
- **If your dose schedule is every other week and you miss a dose of DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, wait until the next scheduled dose to give your DUPIXENT injection.
- **If your dose schedule is every 4 weeks and you miss a dose of DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, start a new every 4 week dose schedule from the time you remember to take your DUPIXENT injection.
- If you inject more DUPIXENT than prescribed, call your healthcare provider right away.
- Your healthcare provider may prescribe other medicines to use with DUPIXENT. Use the other prescribed medicines exactly as your healthcare provider tells you to.

What are the possible side effects of DUPIXENT?
DUPIXENT can cause serious side effects, including:
- **Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis.** Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.
- **Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

The most common side effects of DUPIXENT in patients with atopic dermatitis include: injection site reactions, eye and eyelid inflammation, including redness, swelling and itching, and cold sores in your mouth or on your lips.
The following additional side effects have been reported with DUPIXENT: facial rash or redness.
Tell your healthcare provider if you have any side effect that bothers you or that does not go away.
These are not all of the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You may report side effects to FDA.
Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

General information about the safe and effective use of DUPIXENT.
Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use DUPIXENT for a condition for which it was not prescribed. Do not give DUPIXENT to other people, even if they have the same symptoms that you have. It may harm them.
This is a brief summary of the most important information about DUPIXENT for this use. If you would like more information, talk with your healthcare provider. You can ask your pharmacist or healthcare provider for more information about DUPIXENT that is written for healthcare professionals.
For more information about DUPIXENT, go to www.DUPIXENT.com or call 1-844-DUPIXENT (1-844-387-4936)

What are the ingredients in DUPIXENT?
Active ingredient: dupilumab
Inactive ingredients: L-arginine hydrochloride, L-histidine, polysorbate 80, sodium acetate, sucrose, and water for injection

Manufactured by: Regeneron Pharmaceuticals, Inc., Tarrytown, NY 10591
U.S. License # 1760; Marketed by sanofi-aventis U.S. LLC, (Bridgewater, NJ 08807) and Regeneron Pharmaceuticals, Inc. (Tarrytown, NY 10591)
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Issue Date: January 2021

DUP.21.03.0281



GETTY IMAGES

PETS

Prep for a Rescue with Special Needs

You want to adopt—but the pup you have your eye on is, um, missing an eye. Here's how to decide whether you're ready to bring home a pet with medical issues.

BY JUNO DEMELO

Before You Adopt

Pets with special needs—a chronic illness, physical disability, neurological issue, or vision or hearing loss—are less likely to get adopted. Which is a shame, because they can be especially rewarding. Before committing, think about what obstacles might arise and how you'd overcome them. If you rescue a dog who has to take medication multiple times a day (and you don't work from home), could you pay a dog walker to administer the meds while you're out? If you adopt a blind pet, could he manage your stairs? If you're unsure about the financial, time, and emotional investments, consider a trial run by fostering a pet with special needs.

Be Nosy at the Shelter

When you're at a shelter or adoption event, keep a level head (despite all those puppy dog eyes!) and find out everything you can about the pet you're interested in. A well-funded rescue group may be able to run an X-ray to diagnose arthritis, while a county shelter may only be able to do a basic physical exam. But *all* rescues should be treating any detected health problems—and administering core vaccines to prevent further ones. Get all available medical records, and ask about anything that worries you, such as cloudy eyes, visible ribs, or a disheveled coat. These can be signs of curable issues, like heartworm, or incurable ones, like feline immunodeficiency virus, which requires long-term care.

Set Up Your Support System

Schedule an appointment with your vet as soon as you've signed the adoption paperwork, preferably for within the first few days your pet is home with you. If the vet discovers something the shelter didn't, such as diabetes, contact the shelter to ask whether they can cover initial tests and treatment. For long-term support—whether your new pet is deaf, blind, three-legged, epileptic, or something else—it can be helpful to connect with other owners by joining an online support group.

AILMENTS NOT WORTH STRESSING OVER

These illnesses are fairly common—and treatable—in shelter pets.

GIARDIA: Some dogs will be asymptomatic, but others will have diarrhea. Medications are usually given for up to 10 days, and infected pets are often retested two to four weeks after treatment.

KENNEL COUGH, DOG FLU, AND OTHER RESPIRATORY DISEASES: These are usually managed by keeping your dog hydrated and comfortable. Sometimes antibiotics are prescribed.

FELINE CALCIVIRUS: Most cats recover completely from this virus, which can cause respiratory infection and oral disease. While there's no treatment to stop the virus, it can typically be managed with saline drops, anti-inflammatories, and mucus-busting drugs.

OUR EXPERTS

MELISSA SHAPIRO, DVM, REPRESENTATIVE AT THE HUMANE SOCIETY VETERINARY MEDICAL ASSOCIATION AND AUTHOR OF *PIGLET: THE UNEXPECTED STORY OF A DEAF BLIND PINK PUPPY AND HIS FAMILY*

KURT VENATOR, DVM, PHD, CHIEF VETERINARY OFFICER AT PURINA

RACHAEL WOOTEN, DVM, SHELTER MEDICINE VETERINARIAN AND SURGEON AT PAWS CHICAGO



ROAD TEST

Word of Mouth

Sink your teeth into these six new picks (out of 20 tested) that take your grin from dingy to dazzling.

BY ANNEKE KNOT

HAIR BY HERVE FOR DAVINES AT SARAH LAIRD AND GOOD COMPANY; MAKEUP BY CAMPBELL RITCHIE; STYLING BY FLAVIA NUNEZ. PULLOVER, $265; 7FORALLMANKIND.COM FOR SIMILAR. EARRINGS, $425; MONICAVINADER.COM FOR SIMILAR

Photograph by Mei Tao



BEST ELECTRIC

Philips Sonicare 9900 Prestige Electric Toothbrush

You may—OK, *will*—get sticker shock, but once you give this splurge-worthy find a go, you'll never look back. The brush removes up to 20 times more plaque than a manual one, research found, and it whisks away stubborn stains in two days, whitens teeth, and has a 14-day battery life. If you want to geek out: With four pressure settings, it senses when you push too hard and adapts to a gentler speed. Hear that? It's your gums (and your dentist) sighing in relief. **TO BUY:** $399; philips.com.



BEST WHITENER

CO by Colgate It's Lit Overnight Whitening Pen

Paint onto dry teeth before bed, brush in the morning—and flash a brighter smile. **TO BUY:** $25; ulta.com.



BEST TOOTHPASTE

Crest Gum Detoxify

This foamy stain fighter cools on contact and neutralizes hard-to-reach bacteria along the gum-line for fresher breath and way less plaque. **TO BUY:** $7; walmart.com.



BEST MANUAL

Oral-B Clic Toothbrush

When bristles look frayed and ragged, just snap a new brush head onto the handle—and keep a bunch of plastic out of a landfill. **TO BUY:** $15; target.com.



BEST FLOSS

Moon Clean Slide Mint Flossers

Discreet and dual-sided (floss on one end, pick on the other), these dislodge debris when you're on the go. **TO BUY:** $5 for 90; moonoralcare.com.



BEST MOUTHWASH

Quip Mouthwash Metal Starter Kit in Copper

The refillable container looks chic on your sink, and the alcohol-free rinse leaves you fresh, not fiery. **TO BUY:** $35 for kit, $15 for refill; getquip.com.

PRODUCT IMAGES COURTESY OF MANUFACTURERS

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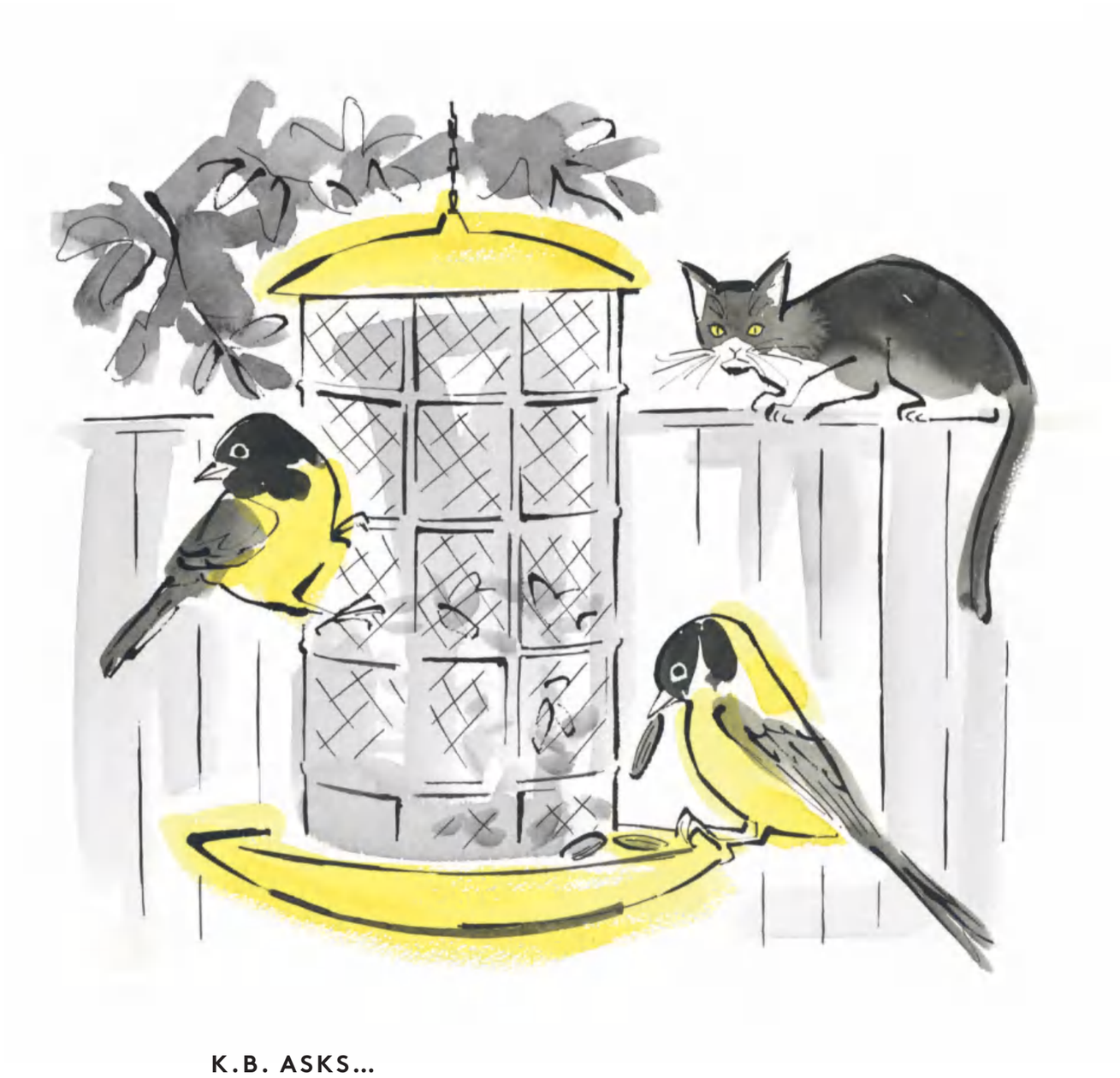


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Modern Manners Advice for Your Social Quandaries

BY CATHERINE NEWMAN



K.B. ASKS...
I love to feed the wild birds and watch them frolic in my fountains, but my neighbors' cats come over my six-foot-tall fences to stalk and kill them. I've asked the neighbors to keep their cats out of my yard, and they say they can't. What can I do?

By some estimates, free-ranging cats kill 2.4 billion birds a year. Bell collars don't seem to help, but colorful collar covers ($12; birdsbesafe.com) may. They make cats look like court jesters, and they stay home because they're so humiliated. Not actually: They make cats more visible to birds. Ask your neighbors if they'd try them—or buy them and offer them as gifts. Instead of luring birds with a feeder or fountain, try planting seed- and berry-bearing flora; they'll attract birds without encouraging them to cluster in large, delectable numbers around a single food source.

K.B. ASKS...
I made a really nice stained glass project and gave it to friends. I wanted them to hang it in their permanent residence, but they put it up in their mountain cabin. Am I wrong to be insulted that they didn't display it where it would be seen and appreciated?

I made a (gorgeous!) skirt for a friend once and eyeballed her crankily for years, waiting for her to wear it—until I decided to stop hurting my own feelings. A gift is only a gift if it's a pleasure to receive. It's not a strings-attached lesson in guilt and obligation. So absolutely—go ahead and feel insulted. But then try to get over it. Your friends put up your artwork in their vacation home! Where they go to relax! How lovely. And even if they'd promptly tossed it into the trash, it wouldn't be *you* they were rejecting. It would just mean you had divergent decor preferences—a difference most friendships can weather.

HAVE AN ETIQUETTE QUESTION?
Hover your phone's camera here to submit your question for Catherine, or email her at **modernmanners@realsimple.com.**

Illustrations by Yoco Nagamiya

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C.C. ASKS...

My parents are moving and facing down 35 years' worth of accumulated stuff. They keep offering me things—old magazines, instruments nobody plays—and get offended when I politely decline. They act like I'm a minimalist monster for saying no. What do I do?

Maybe your parents feel that you're forsaking your own childhood. And that feeling compounds whatever loss they might be experiencing in this transitional time. Try saying something like "I have such fond memories of this house and our lives here. But I don't need any of the actual stuff from it." Or pick out one or two things with great nostalgic fanfare—"I am definitely taking the movie-night popcorn bowl and these holiday decorations!" Then see if they need help using Craigslist or a local freecycle group to rehome their many (sort of) treasured things.



J.S. ASKS...

My husband and I are early risers, even when we're vacationing at a resort. Most mornings we get to the pool within minutes of its opening, but even so all the best chairs are "taken" with towels—and then not occupied until hours later. We move the towels and sit in the chairs, but sometimes people are mad about it. Is this an acceptable practice?

Chair hoarding is a rampant resort phenomenon—and a big source of grievance in travel reviews. I'm with you. Saving a seat at a movie theater is one thing (it will be occupied when it's most useful, not three hours from now). But saving anything in a way that diminishes its benefits is wasteful and unethical. If somebody has a true need for those seats—mobility issues, say—then make an exception. Otherwise move their towel aside or talk to the pool staff about limiting the saving of unoccupied chairs. Let's free everyone up to focus more on the privilege and pleasure of being at a resort than on the petty annoyance of who gets to sit where.

ABOUT CATHERINE

The author of *How to Be a Person: 65 Hugely Useful, Super-Important Skills to Learn Before You're Grown Up,* Catherine Newman gets advice from her husband and two opinionated, largely grown children in Amherst, Massachusetts.

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THE ESSENTIAL

KNIT DRESS

With this fall-ready frock, you can look polished and cozy—no matter Mother Nature's mood.

BY FLAVIA NUNEZ



START WITH THE DRESS...

TO BUY: Harriet Knitted Midi Dress, $190; bodenusa.com.

...ADD A CLUTCH AND FANCY FLATS

Statement accessories, like a chunky bracelet and sparkly bag, give the easy-to-wear dress major date-night vibes. Pink Mary Jane mules add just a pop of playful color. **TO BUY:** Toga Archive x H&M Earrings, $50; hm.com. The Pacey Clutch, $75; ninashoes.com. Interlocking Link Bracelet, $98; rebeccaminkoff.com. Meg Flats, $198; katespade.com.

...ADD FUZZY ACCESSORIES

Beat the cold with an oversize wrap scarf, faux-shearling purse, and fleece-lined platform clogs that feel just as comfy as they look. **TO BUY:** Linen Newsboy Cap, $46; gigipip.com. Brushed Block Scarf, $49; echonewyork.com. DKNY Quilted Shearling Mini Tote, $128; macys.com. Brooklyn Suede Clogs, $100; stevemadden.com.

...ADD A COAT AND LOAFERS

Layer a turtleneck under the dress for extra warmth. Toss on a patent-leather, faux-fur bomber and loafers, and voilà—a look that works for outdoor events. **TO BUY:** Anne Klein Jersey Knit Mock Turtleneck, $59; macys.com. Alvin Jacket, $595; ramybrook.com. Studio Drop Earrings, $105; jenny-bird.com. Ouro Jewelry Resin Ring, $28 for 2; etsy.com. Leighton Tasseled Leather Brogue Loafers, $139; talbots.com.

SOFT STYLING BY SABRINA GRANDE

Photographs by Peter Ardito

LIVES



5 PERSPECTIVES

Pictures Worth a Thousand Words

You don't have to be Cindy Sherman to capture unforgettable images. Snap better family portraits (and, yes, selfies) with these beginner tips from the pros.

BY RACHEL SYLVESTER

PROP STYLING BY ANDREA GRECO

Photograph by Ted + Chelsea Cavanaugh

1

Keep the filters to a minimum.

Less is more when it comes to photo editing. In the age of social media, people strive for perfection, then end up in the unreal. You never want to edit so much that you look like a cartoon. Instead of going for hyperfiltered reality, try capturing the mood. The best photos aren't perfectly lit or framed. Instead, they bring you back to a cherished place or feeling.

STACEY LEASCA IS A JOURNALIST AND ADJUNCT INSTRUCTOR OF PHOTOGRAPHY AT THE UNIVERSITY OF SOUTHERN CALIFORNIA'S ANNENBERG SCHOOL FOR COMMUNICATION AND JOURNALISM.

2

Look for the light.

Lighting really is everything in photography. The "perfect" photo is incredibly subjective, but you'll always capture a strong photograph if you find natural light. Put your hand in front of you and turn around in a circle to see how the light looks on it. This helps you get a sense of how the creases of your hand appear, or how the color of your skin changes as you move. It's the best way to measure and see your light in motion.

ROB KERN IS A LIGHTING EXPERT AND CHAT AGENT AT B&H PHOTO IN NEW YORK CITY.

It's our responsibility to curate our camera roll. Print your favorites before your catalog becomes overwhelming.

3

Perfect your pose.

The next time you have someone snap a photo of you, ask them to hold the camera below their shoulders. (You can flip a smartphone upside down before taking a vertical photo to get the lens even lower.) The higher the lens, the bigger your head looks. Stick your chin either forward or down, put one hand in your pocket, and either place one leg in front of the other or cross your ankles to create the illusion of a long, straight line.

EMILIA SCHOBEIRI IS A CHICAGO-BASED PROFESSIONAL WEDDING PHOTOGRAPHER.

4

Go for a pro.

Hiring a photographer used to feel like an exercise in vanity. Now people are often getting professional photos taken to commemorate life stages. Look for a pro who's compatible with your personality and aesthetic. And do what you need to put yourself in the best state of mind before your session. That may mean leaving early, getting your hair done, or carrying a cold drink or blotting papers. If it helps you feel present, calm, and shine-free, then do it.

JENNIFER TSAY IS THE COFOUNDER AND CEO OF SHOOTT, A PHOTOGRAPHY SERVICE.

5

Take time to curate.

When I tell people to delete photos, they're a bit shocked. But when your photos get out of control, they're no longer a resource. It's easy to take digital storage for granted, and people aren't disciplined about weeding through their personal photo archives. Take my grandparents, for example: I have a few boxes of their family photos, but it's easy to look through their archive in an afternoon. Can I say that about my own digital photos? It's our responsibility to curate our camera roll. Print your favorites before your catalog becomes an overwhelming legacy.

MARGUERITE ROBY IS A PHOTOGRAPH ARCHIVIST AT THE SMITHSONIAN LIBRARIES AND ARCHIVES.



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Salt and Pepper to taste
Nonstick cooking spray
12 count muffin tin

Set the oven to 350°F. Prepare toppings. Chop up broccoli florets, grate cheddar and slice turkey bacon into small chunks. Set aside. In a large mixing bowl, whisk together 10 **Eggland's Best** eggs until the mixture is solid yellow and yolks are combined. Add Italian seasoning and salt and pepper to taste. Mix. Grease a muffin tin well with olive oil spray or any nonstick spray. Make sure to get the sides! Fill each cup half way with the egg mixture. Add in broccoli, cheddar and turkey bacon into each vessel evenly. Top off with some more egg mixture. Make sure not to overflow the cups too high! Bake for 15 minutes. Let set (they will deflate) and cool before enjoying! Store in the fridge for 5 days and the freezer for 14 days.

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FAMILY

The Fine Art of Sharing a Bed

Your snoring partner, your tossing and turning child, your dog who occupies two-thirds of the mattress—how can you keep your loved ones close but also get a good night's rest? Try this wisdom on solving cosleeping woes, from people who have been there.

Illustrations by Anne Bentley

Can This Marriage Be Duveted?

A blanket hog and his shivering wife end their nightly cold war.

BY RORY EVANS

IF YOU'VE STOOD at a carnival and watched someone take a long, thin paper cone and rotate it around a big spinning drum of sugar until it builds into a fluffy cloud of cotton candy, you are familiar with the mechanics of my husband, Jamie, interacting with covers. Only—from my cold vantage point on the bald side of the bed—the result is not nearly as sweet. I used to wake up several times a night to clutch back my share, and in the morning, I'd feel groggy and resentful that, not to get *too* Macbeth, he hath murdered my sleep...and my mood.

But then, while browsing hygge boards on Pinterest, I noticed the Scandi-style bed trend of two separate duvets, one for each partner. I quickly ordered matching twin-size linen duvets, wrapping a down comforter for me and a cotton coverlet for Jamie, who, despite his cover-hogging tendencies, runs warm. I overlapped them on the bed, and they looked like a single piece.

No exaggeration: This setup transformed the way I sleep. On fall nights, we leave the window open to the crisp air, and I mummify myself in the most delicious, draftproof fashion and drift off. On warm nights, I hang my feet out of the sheets like the Statue of Liberty, and it doesn't affect him at all. Of course, he still wraps himself up in a jelly roll or sends a cascade of covers onto the floor on his side of the bed, but it no longer bothers me. It's his own problem—and his own duvet.



Rockabye, Babies

A mom of four sets the ground rules for cosleeping.

BY MAYA KUKES

IT WAS ABOUT 2 a.m. on a sweltering July night when it occurred to me that I might never sleep again. I had newborn twins, a 3-year-old, and a 6-year-old, and I was on the verge of losing it. As soon as I put one twin down, the other would wake up. It might have been funny if it hadn't been so torturous. Then one night when my boy twin was 6 months old, I dozed off while nursing him in bed. We both awoke the next morning following a miraculous five-hour stretch of sleep. The rest is history.

On any given night, there's a good chance my wife and I have a kid in our bed. Those newborn twins are now toying with tweendom, but one still comes to me with big eyes on a Saturday night and asks to crawl in with us. The other might sneak in at 2 a.m. on a Wednesday. Yes, I wake up, but I fall right back to sleep, and so do they. Everyone wins.

Here's the thing: Four kids is a lot of kids. My wife and I try to schedule one-on-one time with each of them when we can, but those outings can feel forced, and it's not always realistic

with weekend schedules. In our house, quality time is taken when and where you find it, and sometimes that means sleeping in our bed. We don't always say yes, and there are ground rules: We try to keep it to one kid at a time (even our king bed has its limits). Also, bed sharing is mostly restricted to weekends. Weeknight appearances are reserved for emergency situations (hi, nightmares), illness, or just really bad days. Yes, we've been known to make the occasional Tuesday night exception. To be honest, sometimes it's hard to say no. Time is fleeting and I know this won't last forever. There are no teenagers in our bed.

Letting kids into the bed might not be for everyone, but there can be benefits in addition to more sleep for both you and your child. In one small study, preschoolers who coslept from an early age were more self-reliant (e.g., proficient at dressing themselves) and more socially independent and able to make friends than solitary sleepers. Another study of 205 families showed that by age 18, children who shared a bed didn't differ from solitary sleepers in terms of sleep problems or cognitive development.

Perhaps best of all, you never know what kinds of conversations you'll have, propped up on pillows and buried under a quilt. I've dissected plot twists in graphic novels, analyzed our needy golden retriever's idiosyncrasies, and bandied dreams about our (still to come) lottery winnings. Then there are the heart-to-hearts, which range from the humbling ("Mom, your breath kinda stinks") to the heartwarming ("Mom, being in your bed makes me feel loved"). If that doesn't convince me I made the best choice for my family, I'm not sure anything will.

My Darling, My Freight Train

Fed up with her partner's nightly snorefest, an exasperated fiancée finally finds support.

BY BRANDI BROXSON

I SHARE A BED with a boisterous sleeper. My fiancé, Francisco, has been known to burst out laughing while unconscious. He once assured me, while sleeping, that he was a pirate. But perhaps the most raucous part of his late-night comedy show is the snoring. Sometimes it's a loud, goose-like "honk!" followed by a whistling "shooo!" that I've only heard in cartoons. Other times the snore reminds me of the "brum-brum-*brrrrr*" of a horror film chainsaw.

In my most generous moments, I find this comforting, knowing he's sleeping so soundly. (He's a middle school teacher and really deserves a full eight.) In my worst moments, I huffily decamp to the couch. But I'm always afraid that one night we'll hear the furious knock of a broomstick on the ceiling from our upstairs neighbors. That's how loud it is.



It's been like this for most of our 13 years together, and yes, he's been checked for all the things. And we tried all the things: industrial-strength earplugs, tucking a pillow under his back so he stays on his side, nasal strips, gentle nudging, not-so-gentle nudging. At least, I *thought* we'd tried everything. As an editor at REAL SIMPLE, I often hear about the latest gadgets and gizmos. When I read a press release about a new mattress that's designed to help with snoring, dreams of an oh-so-silent night danced in my head.

The mattress came with a remote, and at the touch of a button, we could lift the feet and head. It was the closest we'd get to an amusement park ride for all of 2020. But the real magic happened at night. You see, there's a sensor under each side of the mattress, and when it detects snoring, it lifts the head of the mattress a bit. Apparently, sleeping at a slight incline can make breathing easier.

Francisco's snoring has surely decreased—especially the loud, lingering variety. But the mattress also improved my sleep routine. The sensor on my side keeps track of how often I wake up, how long I stay in restorative REM sleep, and even the temperature in the room, and it sends me a sleep score the next morning. Upgrading our mattress has helped both of us.

As for Francisco's sleep talking and laughing? Let's just say I feel lucky to be marrying a man who keeps me entertained, even when he's fast asleep.

SO YOUR PARTNER SNORES

James Wyatt, PhD, director of the Section of Sleep Disorders and Sleep-Wake Research at Rush Medical College in Chicago, offers help.

IDENTIFY THE CULPRIT

You're not alone. It's estimated that up to 50 percent of the population snores frequently (it's more common in men than in women). Snoring has many potential causes, including allergy-induced nasal congestion, alcohol consumption, weight gain, and sleep position. Snoring may be most prevalent among back sleepers because gravity slides the lower jaw backward, pulling the tongue with it. This limits airway space, increasing the likelihood of snoring.

CHECK IT OUT

Typically, snoring is more troublesome for the sleepless bed partner than it is for the perpetrator. But if you notice pauses in breathing or a snore that stops and starts with a gasp, consult a doctor. Your loved one might have obstructive sleep apnea, a serious but easily treated condition.

TRY THESE FIXES

You may be able to minimize snoring by treating nasal congestion and avoiding allergens in the bedroom—vacuuming frequently or using an air purifier may help. Consider seeing a sleep-trained dentist who can fabricate an oral appliance to be worn during sleep. It keeps the jaw and tongue in a more forward position, limiting the intensity of the snoring.

No More Ruff Nights

Hounded by allergies? Try this dog lover's advice on (gently) kicking your furry friend out of your bed.

BY JUNO DEMELO

THOUGH I HAVE A king-size mattress and a pint-size dog, I kicked him out of bed long ago—and not just because he snores. I have major hay fever, and while snuggling Winston is sweet, it can also be sneezy. Pet hair can collect dander, saliva, urine, and other allergens, like dust and pollen.

If you have allergies, your best bet is to keep your pet out of your bedroom, advises Neeta Ogden, MD, a spokesperson for the American College of Allergy, Asthma, and Immunology. If you can't bear banishing Buster from the room, try to at least keep him out of your bed. "If your pet sleeps next to you for eight hours, you're getting a far greater exposure to allergens than if he's just in the bedroom," Ogden says.

Make sure your pup has a comfortable place to sleep (look for a "cuddler" bed he can snuggle into or a bed made with memory foam). Lure him into it with a treat, then give him the treat once he lies down, says Michael Shikashio, a certified dog behavior consultant. Treat him anytime you catch him in his bed. When he hops in with you, say "Off," then give him a treat after he gets down. Don't show him the treat beforehand, or he may think you're rewarding him for being in your bed.

If you still want to cosleep, save your comforter from drool and hair by covering it with an easy-to-launder throw. Run a rubber-gloved hand over it to remove hair before tossing it into the machine. And regular baths will help minimize allergens, fur, and "Fritos feet" (the bacteria on pups' paws often give off a corn chip smell!). ■



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What is Xiidra?

Xiidra is a prescription eye drop used to treat the signs and symptoms of dry eye disease.

Important Safety Information

Do not use Xiidra if you are allergic to any of its ingredients. Seek medical care immediately if you get any symptoms of an allergic reaction.

The most common side effects of Xiidra include eye irritation, discomfort or blurred vision when the drops are applied to the eyes, and an unusual taste sensation.

To help avoid eye injury or contamination of the solution, do not touch the container tip to your eye or any surface. If you wear contact lenses, remove them before using Xiidra and wait for at least 15 minutes before placing them back in your eyes.

It is not known if Xiidra is safe and effective in children under 17 years of age.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit http://www.fda.gov/medwatch or call 1-800-FDA-1088.

For additional safety information about XIIDRA®, please refer to the brief summary of Full Prescribing Information on adjacent page.

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PATIENT INFORMATION

Brief Summary: Read this information before you start using Xiidra and each time you get a refill. There may be new information. This information does not take the place of talking to your doctor about your medical condition or your treatment.

What is Xiidra?
Xiidra is a prescription eye drop solution used to treat the signs and symptoms of dry eye disease (DED). It is not known if Xiidra is safe and effective in children under 17 years of age.

Do not use Xiidra:
If you are allergic to lifitegrast or any of the other ingredients in Xiidra, see "**What are the ingredients in Xiidra?**"

What should I tell my doctor before using Xiidra?
Before you use Xiidra, tell your doctor if you:
- are using any other eye drops
- wear contact lenses
- are pregnant or plan to become pregnant. It is not known if Xiidra will harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known if Xiidra passes into your breast milk. Talk to your doctor about the best way to feed your baby if you use Xiidra.

How should I use Xiidra?
Talk to your doctor or pharmacist for additional instructions about the right way to use Xiidra. Use Xiidra exactly as your doctor tells you.
- To help avoid eye injury or contamination of the solution, do not touch the container tip to your eye or any surface.
- If you wear contact lenses, remove them before using Xiidra and wait for at least 15 minutes before placing them back in your eyes.
- Use 1 drop of Xiidra in each eye, 2 times each day, about 12 hours apart.
- Use Xiidra right away after opening. Throw away the single use container and any unused solution after you have applied the dose to both eyes. Do not save any unused Xiidra for later.

What are the possible side effects of Xiidra?
The most common side effects of Xiidra include eye irritation, discomfort, or blurred vision when the drops are applied to the eyes, and an unusual taste sensation (dysgeusia).

Seek medical care immediately if you get any symptoms of wheezing, difficulty breathing, or swollen tongue.

These are not all the possible side effects of Xiidra. Tell your doctor if you have any side effects that bother you. You may report side effects to the FDA at 1-800-FDA-1088.

How should I store Xiidra?
- Store Xiidra at room temperature between 68°F to 77°F (20°C to 25°C).
- Store Xiidra in the original foil pouch to protect it from light.
- Do not open the Xiidra foil pouch until you are ready to use the eye drops.
- Return unused single-use containers to their original foil pouch to protect from excessive light exposure.

Keep Xiidra and all medicines out of the reach of children.

General information about the safe and effective use of Xiidra.
Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. You can ask your pharmacist or doctor for information about Xiidra that is written for health professionals. Do not use Xiidra for a condition for which it was not prescribed. Do not give Xiidra to other people, even if they have the same symptoms you have. It may harm them.

What are the ingredients in Xiidra?
Active ingredient: lifitegrast
Inactive ingredients: sodium chloride, sodium phosphate dibasic anhydrous, sodium thiosulfate pentahydrate, and water for injection. Sodium hydroxide and/or hydrochloric acid (to adjust pH).

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02: Are over-the-counter eye drops* giving me lasting relief?

03: Is there inflammation in my eyes?

04: How can I target inflammation?

05: How does Xiidra work differently?

06: Is Xiidra right for me?



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THE HELPFUL MIND

Amateur Hour

When was the last time you learned a new skill? Discover the brain-boosting benefits—and sheer thrill—of being a beginner again.

BY TOM VANDERBILT



CALEB RUSSELL/UNSPLASH

SOMEWHERE, A FEW years back, in the frantic rush of escorting my daughter to a seemingly endless round of classes—piano, rock climbing, swimming, tae kwon do—I realized I couldn't remember the last time I'd learned to do something new myself.

There I was, touting to her the benefits of trying a broad range of activities—no matter whether she stuck with them or got any good—when Mr. Role Model himself was lodged in a rut of midcareer competence, content to sit on the sidelines scrolling through his Instagram feed.

So I went on a learning binge, attacking a list of pursuits, from singing to surfing, that I'd long harbored a secret desire to do. Mastery was never my aim; I simply wanted to try. I croaked out ungodly sounds that surely left my vocal teachers glad I had a day job. I nearly got a spontaneous spinal realignment when I was dumped headfirst onto the floor of the Atlantic Ocean. I drew self-portraits that had my patient wife asking, "Is that Beavis or Butt-Head?" It felt exhilarating, this rush of what Buddhists call *shoshin*, or "beginner's mind"—a chance to view the world, and myself, with fresh eyes.

In a results-oriented society, it's not easy to be an adult novice, to leave behind your hard-earned competence and expertise for a world of uncertainty and mistakes. But the benefits of learning new skills are immense.



GETTY IMAGES

For one, you get a cognitive workout that can literally reshape your brain. After people spent six weeks practicing juggling, researchers found structural changes in their white matter (the nerve fibers that connect different parts of the brain). "It is possible for the brain to condition its own wiring system to operate more efficiently," the lead researcher explained.

You also get the feel-good charge of a quick climb up the learning curve, even if you never become great. Working through mistakes—and exposing yourself to the discomfort of the unknown—builds resilience that you can draw on at work and elsewhere. You may even overcome what psychologist Daniel Gilbert, PhD, calls "the end-of-history illusion"—the mistaken belief that we're incapable of much change, despite all the big changes we've gone through in our past.

Learning new skills can alter our definition of who we are. Here are a few ways to master beginner's mind.

Learn Like a Child

One reason children are such adept learners is that their brains are optimized for it. But we shouldn't forget *how* they learn. Most young kids thrive in low-pressure environments without strict goals or expectations. They're unafraid of making mistakes, encouraged by positive feedback, and buoyed by a strong motivation to gain life skills. For children who are learning to talk, the goal is to communicate: They simply start making sounds instead of fretting about grammatical mistakes. Rachel Wu, PhD, associate professor of psychology at the University of California, Riverside, told me that when she was learning German, she tried childlike babbling as a way to improve her accent. Don't worry about perfection—just indulge in playful experimentation.

Push Through Plateaus

Early on, novices feel a beginner's high. When you start from zero, progress often seems to come fast. After your first few hours at a ski lodge, you've probably managed some forays down the bunny hill. But on the real slopes, a new set of challenges loom. With skill learning, progress is not always linear. In another study on novice jugglers, some days the participants could arc the balls through the air many times in a row; the next day, they'd struggle to do it at all. When you feel stuck, switch up what you're doing: Move to a new location. Change your speed or use different tools. Teach what you've learned to someone else. Or just go take a nap. Your brain can keep working on the problem, even if you're not consciously aware of it.

Practice with a Buddy

Learning with others seems to hit some sweet spot in the brain, in part because we learn from, and even teach, the people around us. When a group of older people in a Texas study took classes in subjects like digital photography, they performed better on a set of cognitive tests than a group that had met to simply socialize. If you have kids, try learning together. As they watch you struggle with something new, they may become more resilient themselves. And when couples engage in novel activities (like learning a new skill), a study in the *Journal of Personality and Social Psychology* found, relationship satisfaction increases. Taking up ballroom dancing, for instance, can reignite the excitement and sense of possibility from the early days of a relationship.

Most young kids thrive in low-pressure environments without strict goals or expectations. They're unafraid of mistakes.

Don't Get Hung Up on "Finding Your Passion"

When we believe a skill is inherent—that it's been there all along, waiting to be discovered—we're quicker to walk away once practicing it gets challenging, because we think it should come naturally, according to research by Stanford University psychology professor Carol Dweck, PhD, and colleagues. Those who believe talents need to be developed tend to persevere longer. Rather than "finding" your passion, you may have to work hard to see your interest blossom. Similarly, don't set overly ambitious goals. Failing to meet them may weaken your motivation, as well as your belief in yourself. Instead of fixating on how good you are, focus on how much improvement you've made. And remember that performing isn't the same as learning. If it feels easy, you might not be learning as much. ■

WE DID IT

BOLD MOVES

The pandemic inspired many families to relocate for a better quality of life. Here, three women share how they pulled up stakes—and pulled it off.

BY JENNY COMITA



Every day, Amy Bushatz spends time outside, like in this fireweed patch off the Seward Highway south of Anchorage.

COURTESY OF AMY BUSHATZ

"Our Love of Nature Lured Us North"

The Bushatz Family

PALMER, ALASKA

FOR AMY BUSHATZ, moving from Tennessee to Alaska with her husband, Luke, and two sons felt a little like being "pioneers, only in a Volvo station wagon." In 2016, the family sold many of their belongings and drove across the continent to build a new and hopefully better life somewhere they'd never even visited. It was a big change, which was the whole point. "We wanted to go somewhere far, far away," Amy says. "We wanted to start over."

Luke, an army infantry officer, was struggling with symptoms from PTSD and traumatic brain injury sustained in Afghanistan. "I was dealing with my own trauma from his deployment," Amy says. "I had a 5-week-old baby when he left, and our unit lost over 20 guys in five months. There was always the anxiety that Luke could be next."

The couple realized that what made them feel best was spending time in nature. "When Luke pitched a tent, it was like all his stress melted away," Amy says. They figured that Alaska, with its postcard-pretty mountain peaks, was the ideal place to get outside. Luke was leaving active duty to join the National Guard, so they took advantage of a program that pays to relocate soldiers and bought a three-bedroom home, sight unseen, in Palmer, a town about 45 minutes from Anchorage with a population of just over 7,400. "It sounds risky, but we figured, what's the worst that could happen? We'd hate it and move again in a few years," says Amy, who works remotely as the executive editor of the news site Military.com. "We'd been doing that in the army our entire marriage anyway."

After they finally arrived, Amy spent much of the first year on the sofa watching Netflix, hiding from the arctic winds that whip off the nearby glacier and the near-constant darkness of the winter months. "I was just overcome with this exhaustion from moving, and a real sense of loss I didn't expect from starting over and not having any friends and not knowing what I was doing," she says.

But on Memorial Day 2017, sitting on her porch in the cold drizzle, depressed about the lack of sun, she made a decision. "I realized at that moment that I had a choice: I could ask Alaska to be awesome for me and just hang out and wait for it to obey my commands—which is not how the weather works, by the way—or I could change my attitude. So I decided to see what would happen if I spent a certain amount of time outdoors every day for the whole summer, even if it was gross outside. What would that look like?"

Turns out it looked pretty great. Amy has kept up her challenge for four years now—even on days the mercury drops below zero—and started a podcast about it, called *Humans Outside*. A California native who swore she'd "never, ever hit the slopes," she skis in the winter and, this past summer, competed in a 100-mile trail run. Luke, meanwhile, cofounded a nonprofit, Remedy Alpine, to help other veterans heal through spending time together in the wilderness. Both of them feel better than ever, mentally and physically.

TAKE IT FROM ME: "There is something to be said for relocating in order to reset your priorities," says Amy, who is working on a memoir about the experience. "It's not a magic answer. Whatever problems you have, you're going to take them with you. But moving can strip away all the comforts of being very settled and force you to look right in the eye of the things you weren't dealing with. It's a pretty dramatic way to fix your life, but you never know—it just might work!"

"We Longed for a Simpler Life"

The Fisch Family

BLUE ASH, OHIO

IN JULY 2020, on her very first day as an Ohio resident, Whitney Fisch had what might be described as a "not in Kansas anymore" moment in the condiment aisle of Target. "I was floored. Everything was a dollar or two less than I was used to," says Whitney, who, along with her husband, Jay, and three kids under 7, had just relocated from Los Angeles. "I actually had to stop in my tracks and text my husband to say, 'You won't believe the price of ketchup here!'"

The cost-of-living difference between Southern California and southwestern Ohio wasn't a *total* shock. After all, it was one of the main factors that motivated their move. "As two educators, we were never going to meet our goals in Los Angeles," says Whitney, who was working as a guidance counselor while Jay taught high school science. "We were crammed into a dated rental in need of many repairs, right off a busy street, and we were never going to own a home." The couple knew they needed to live somewhere less expensive, and they "longed for a simpler, slower life where I didn't have to sit in traffic for an hour just to get to the store for diapers," Whitney says.



But as observant Jews, they were somewhat limited in their choices. "We need access to things like synagogues, kosher food, and religious education for our kids," Whitney says. "That infrastructure just doesn't exist in many smaller communities, so we ended up staying in Los Angeles far longer than what made any sort of financial sense."

The impetus finally came when Whitney, less than thrilled with organizational changes at work, chose not to renew her contract. After a tense period—the pandemic hit, hiring stopped—the family considered bunking with Whitney's mother. But then Whitney landed an ideal post: executive director at Hillel, the Jewish students organization, at Miami University in Oxford, Ohio. The family packed their minivan full of PB&J fixings and kosher instant ramen noodles and headed for the Midwest.

Two months after arriving, Jay secured a virtual teaching opportunity for the school year and the couple bought a three-bedroom house on a quiet cul-de-sac. They spend Saturday nights sipping wine in lawn chairs out front while the kids play with the neighbors. "We actually own a home now," Whitney says. "This is the first time I haven't had a landlord in 23 years. It's exactly the kind of stability we feared we'd never have, and it feels amazing."

TAKE IT FROM ME: There might be some bumps in the road you need to brace for, Whitney says. For example, the supposedly three-bedroom-size moving pod they rented didn't come close to fitting the contents of their three-bedroom apartment, forcing them to leave behind their almost-new sofa and several pieces of heirloom furniture. And their closest school doesn't offer free full-day kindergarten, adding an unexpected $400 monthly expense to their budget. "It was so stressful. It was such a test of our marriage and any coping skills I thought I had," Whitney says of the move. But these days, all that aggravation feels worth it.

COURTESY OF WHITNEY FISCH

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"We Moved for More Culture and Diversity"

The Armbruster-Eikren Family

AUSTIN, TEXAS

JODI EIKREN AND STEVE Armbruster are serial relocators. Over the course of their 14-year marriage, they've packed and unpacked in six different states, as well as Steve's native Puerto Rico. "Steve works for a company that has offices everywhere," says Jodi, who is currently taking a break from teaching sixth grade. "It's both a blessing and a curse. On the one hand, he's not tied to a location, but for people like us, who love to explore new places, there's a temptation to just keep moving."

In 2017—by then parents of three and renting in Alexandria, Virginia—the couple decided it was finally time to lay down roots. But when they found themselves priced out of the D.C. neighborhoods they liked, they reconsidered. "Steve and I are city people," Jodi says. "We love going out to dinner, happy hours, cultural events, but with three young kids, we felt like our life was dance class and baseball practice. You can do that anywhere. Why pay a premium to live in D.C.?"

Intrigued by the idea of a "quaint, small-town life somewhere beautiful," they decided to buy a home outside Boulder, Colorado, close enough to Denver, where Steve's company has an office, to make practical sense. Looking back today, Jodi says, "we definitely overcorrected." While they made some great friends, they sorely missed the diversity and excitement of their old life. "We realized that we *did* actually go out to dinner and to Kennedy Center events—not as much as before we had children, but enough that not having access to that type of stuff was an issue," Jodi says. And so, in 2020, they decided to move again, this time to Austin, Texas—home of a world-class music scene, great bars and restaurants, a diverse population, and another corporate office for Steve.

For Jodi, it's a return of sorts; she lived in the Texas capital in her 20s. The rest of the family is starting to feel at home there too. That's not to say the process of settling in has been seamless. With limited ability to travel, they had to go into contract on their Texas house without setting foot inside. But with the world reopening, Jodi and Steve have already started enjoying nights out in downtown Austin, which is just a 10-minute drive from their new place, and the kids are thrilled to play outdoor sports and swim in the backyard pool year-round.

"I definitely learned that if you need the energy of the city and you move somewhere for your kids that feels like a compromise for you, you're always going to wonder what could have been," Jodi says. "Becoming a parent changes your life, but it doesn't change who you are at your core."

TAKE IT FROM ME: "My advice is to always go to the grocery store in a neighborhood before you decide to move there," she says. "Observe the people, how they interact, how they treat one another. That will tell you so much about the vibe of a place." ■

COURTESY OF JODI EIKREN

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FIRST PERSON

THE KEY TO DECLUTTERING

For ***Jessica Stolzberg,*** the elephant in the room was actually a piano that no one ever played. She longed to get rid of it—but what would that say about her as the keeper of family legacy?



Illustration by Sam Kalda

EIGHTY-EIGHT KEYS of ebony and ivory made no sound in our house for two years, except to quibble in various tones when swiped by the dustcloth. My children's efforts at the keys had literally played themselves out, and the piano had become a neglected, obtrusive object in our living room.

One day I asked myself an uncomfortable question. What if I got rid of the piano?

The first answers delighted me. We could finally arrange the living room furniture properly. Less dusting. Then my thoughts tarnished: ending a family legacy, never playing "Heart and Soul" in my home again, the possibility of regret.

The piano, more than any other instrument, I suspect, is passed down generation to generation, its weight pulling on the branches of the family tree. My mother played, and so my brother and I played, and so my children played.

OUR DAUGHTER STARTED lessons first. At the same time, she took her first modern dance class. And then another. Over three years, I witnessed the evolution of a passion I admired in one so young. Her arms were happiest outstretched in the space around her, not in one position at the piano keys.

Her playing? It was OK. In middle school we agreed to let her take a break. She never sat at the piano again.

With our son, the story was similar, only his heart leaped on the soccer field, his legs in perpetual motion, not at 90 degrees on the piano bench. In fourth grade, he joined a drum corps at school and began to march to the beat of his own drum five days a week.

One day our piano teacher pulled me aside. "He seems to have no enthusiasm for the piano anymore." We decided to take the summer off. He, too, never returned.

We have the good fortune of knowing a musical family. An evening at their house always ends with the dad and the eldest daughter in joyful song at the piano, anyone welcome to join in. I adore this ritual. I envy their music-filled house, and it always leaves me a bit wistful that we do not have one.

Did we let our kids stop playing piano too easily? If we had pushed them through their musical malaise, would the other side have included Bartók and Bach? Yet, I argued with myself, each no had opened up space for a yes.

Untouched and unloved, our piano sat, a relic of a path not chosen. And there is no music in that.

I gazed at an instrument that would make music again and felt the warmth of a good decision.

DECIDING TO LET GO of a large and extremely heavy object requires some amount of kismet.

My friend Jillian's neighbor had recently given away her piano. I bumped into her at a school event and, politely, demanded details.

"Getting my kids to practice was torture," she explained. "I started taking lessons so I could help them and we could play together. But then I never wanted to practice either. So we gave the piano away and nobody misses it."

She made it sound so simple. What if it was?

Obviously, it should stay in the family. I called my brother. His son, then 5, has the same piano lineage as my children. "No, thanks," he said. "If Max plays an instrument, we'd like it to be portable."

When a new friend, Kristinn, was over, I mentioned that the piano was on shaky ground. Her daughter had been taking lessons on a keyboard for a year, and they were considering a real piano. We connected dots. Her daughter would visit the following week.

She played beautifully, and our house filled with music. I left them alone and called my friend Jill from the kitchen. "I don't know if I should give away the piano," I whispered. "The house sounds so wonderful."

She replied, "You do know when that child leaves, she will take the music with her."

The next month, Kristinn and her husband arrived with piano movers. Apprehension and excitement hung over us all, encompassing a collective sense of loss and gain. The piano was wrapped in blankets, slid onto dollies, and rolled out the front door. I watched it disappear into the moving truck.

I walked inside and contemplated the empty space, a ghostly rectangle of dust where the piano had been. I picked up a pencil and a dime and a missing puzzle piece.

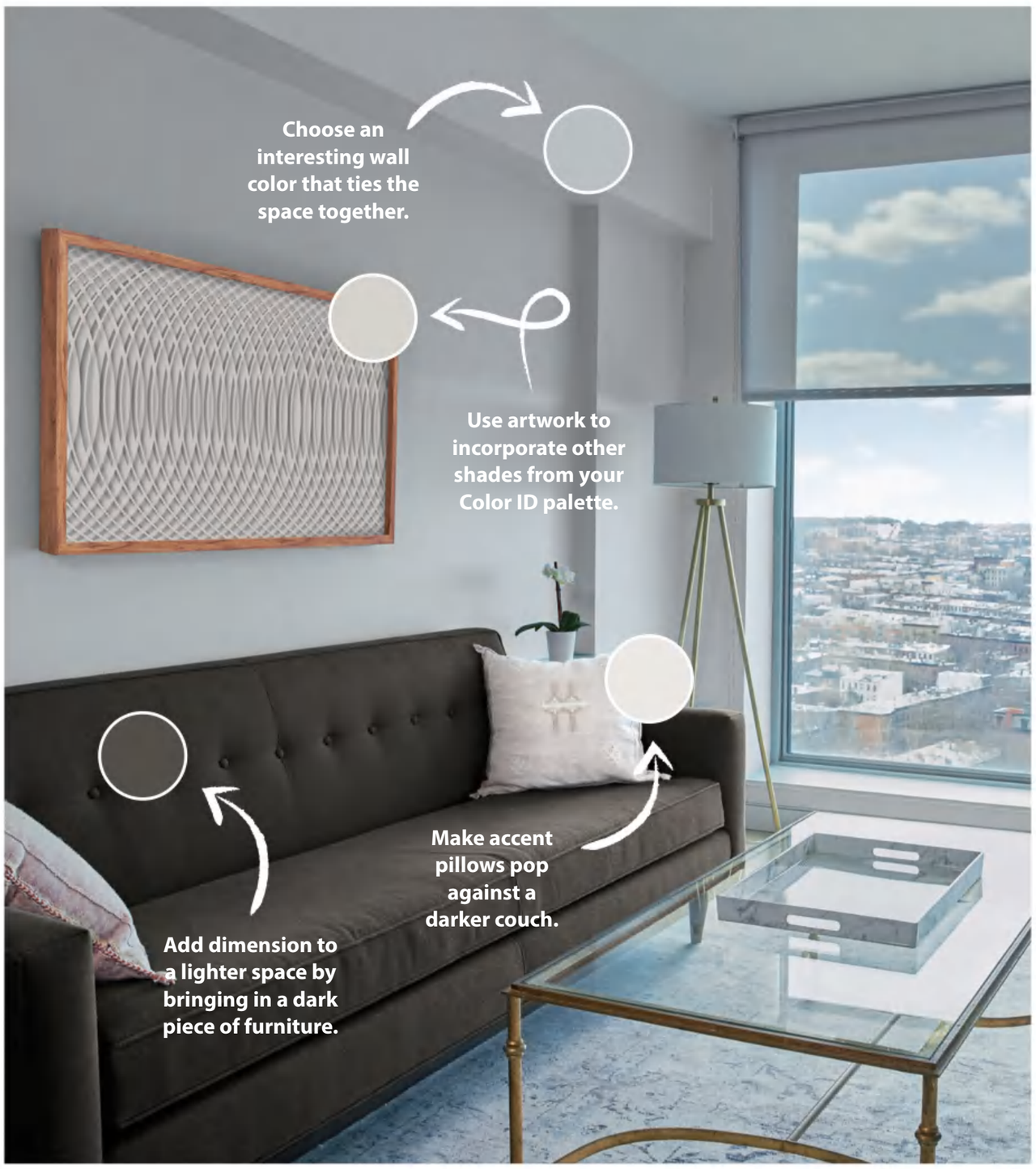
An hour later, Kristinn texted me a photo. Her daughter's piano fit perfectly into an alcove in their living room. A chair was pulled up in front. I gazed at an instrument that would make music again and felt the distinct warmth of a good decision.

That night my husband and I moved the sofa, adjusted the rug, and made more room for our family. ■

ABOUT THE AUTHOR

Jessica Stolzberg lives in New Jersey with her family and an extra 15 square feet where the piano used to be.

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PALETTE *Perfection*

with Leslie Corona

See how this Brooklyn-based *Real Simple* home editor transformed her living room using the shades in the ColorSnap® Color ID Minimalist palette from Sherwin-Williams, and learn how you can make any space your own.

Taking the Color ID Quiz

As a home editor, I know our readers love help while they're decorating. So, when I decided I wanted my living room to look and feel more calming, I turned to the Color ID Quiz from Sherwin-Williams for help. Just answer a few quick questions and meet your match! I was paired with the Minimalist palette which is very fitting since I prefer simple, well-balanced spaces.

"The 16 shades in the Minimalist palette can be mixed and matched which helped the room come together effortlessly!"

- Leslie Corona

Designing My Living Room

This is where I go to unwind, so I wanted to use relaxing paint colors. I chose Krypton for the wall because it's light and works with everything. I also painted my side table with Snowbound. There's something serene about the combination which is the vibe I wanted.

Leslie's Minimalist Palette Picks



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Yes, but I'm not sure what to do next.

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Well, do you like personality tests?

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The Minimalist Palette

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MAKE YOURSELF AT HOME

From the front porch to the attic "Zoom room," the 2021 REAL SIMPLE HOME puts a spotlight on fresh colors, comfy furniture, and multitasking setups for the way we live right now.

BY LESLIE CORONA AND STEPHANIE SISCO

PHOTOGRAPHS BY CHRISTOPHER TESTANI

LIVING ROOM

This long, narrow room has two distinct sitting areas, which are connected by a broad golden stripe that runs the length of the ceiling. The clever paint treatment also distinguishes the living space from the adjacent entryway.



HOW WE HANG

When you're putting up art, don't limit yourself to the walls. For an unexpected and modern approach, suspend frames from the edges of shelves. This adds dimension to the display on the wall unit.



Natalie Papier

@home_ec_op

"I always feel most comfortable in spaces that are bold and energetic but grounded in warmth, with wood tones and cozy textiles. A room should feel playful and reflect the people living in it."

TO BUY: (**This page**) Helena Rattan Daybed, $2,091; safavieh.com for info. Vincent Coffee Table Set in Walnut (one shown), $299; castlery.com. Tömmerby Flatwoven Rug, $70; ikea-usa.com. Pop Cross Pillow, $145, Glass Menagerie Lady Vase, $395, Glass Menagerie Owl Vase, $295, Glass Menagerie Bird Vase (for similar), and Eden Lacquer Box Bundle, $320; jonathanadler.com. *Create I* (right) and *Create II* by Kaitie Bryant, $197 each; minted.com. Frankfort Articulating Wall Light, $699; circalighting.com. Travel Series Books, $95 each; assouline.com. Boras Pedestal Bowl (for similar) and Rami Vase, $120; jaysonhome.com. Monolithic Tadelakt Vases, from $98, Pale Wood Chain, $98 (large, 3-link), Bird Vase in Black, $98 (large), and Papier Maché Bowl, $108 (medium); bloomist.com. Handmade Planters, from $45; indigoroadstudio.com. Grey/Ivory Bone Boxes; globalviews.com for info. Assorted books, from $10 per ft.; booksbythefoot.com. Wovn Home Custom Roman Shade; wovnhome.com for info. Paint: Bugle Call 3006-5A; valspar.com for info. Molding throughout home; metrie.com for info. (**Opposite page**) Sorren Media Cabinet, $2,000; mcgeeandco.com. Custom art by Guzzo Pinc; guzzopinc.com for info. Armato Small Table Lamp, $1,299, Dot Stance 13" Rotating Floor Lamp, $1,399, and Cynara Grande Chandelier, $3,999; circalighting.com. Kemper Swivel Chairs, $1,650 each, Arne Sofa, $4,650, Pascal Side Table, $595, and Norah Bowl (on coffee table), $350; jaysonhome.com. Wade Nesting Coffee Tables, from $649; rejuvenation.com. Pepper Hand-Knotted Shag Rug, $989 (8 by 10 ft.); revivalrugs.com. Wooden Hand, $25; us.hay.com. Grapefruit Pop Candle (on media cabinet), $42, and Large Dora Maar Vase (on side table), $425; jonathanadler.com. European Flax Linen & Luster Velvet Curtains, from $99; westelm.com. Oak Geometric Black Side Table (not visible), $559; ethnicraft.com. (**Previous page**) Park Slope Round Dining Table, $6,269; stickley.com. Gemi Flatweave Wool Rug, $259 (4 by 6 ft.); revivalrugs.com. Coral Curve Mirror; shadesoflight.com for similar.

FLORAL STYLING BY JOSI STONE FOR WILDLY FLORAL CO.; HEADSHOT COURTESY OF ERIN COMERFORD

A NEW TWIST

A swivel chair is the key to connecting two seating zones. Just sit, spin, and face either the green sofa (this page) or the rattan one (opposite).

KITCHEN & DINING ROOM

Wooden accents, leather seats, and a swooping marble pattern bring an organic warmth to the modern cabinets and create a comfortable spot that family and friends will gravitate toward.

A SLIVER OF SILVER

The lower cabinets' gray finish has a touch of metallic that pairs with the white marblelike counters and backsplash to make the room feel big and airy—and offset the dark uppers and appliances.



Delia Kenza

@deliakenza

"Lighting should be just as beautiful as it is functional. I wanted these spaces to feel sophisticated but not overly formal. The fixtures over the island and dining table helped with that."



THE BIG ISLAND

A countertop that extends past the footprint of the island allows for more seating and lets you bring in larger, comfier stools.

TO BUY: Graystone Shaker (upper) and Nova Light Grey Shaker (lower); forevermarkcabinetry.com for info. Cafe Energy Star Smart Counter-Depth French-Door Refrigerator in Matte Black with Brushed Black Hardware, $3,928, Smart Slide-In, Front-Control Gas Range with Convection Oven in Matte Black with Brushed Black Hardware, $3,898, Commercial-Style Hood (for similar), Smart Stainless Steel Dishwasher in Matte Black with Brushed Black Hardware, $1,998, and Smart Countertop Convection/Microwave Oven in Matte Black, $879; cafeappliances.com for info. Dekton Liquid Sky Countertop and Backsplash; cosentino.com for info. Crue Pull-Down Single-Handle Kitchen Faucet; us.kohler.com for info. Vernon Mushroom Cabinet Knobs in Oil-Rubbed Bronze, $12 each; rejuvenation.com. Clara Counter Stools, $720 each; industrywest.com. The Bounce 116 Pendant; globallighting.com for info. Talam Pedestal Tray, $148; jaysonhome.com. Organic Oak Cutting Boards, from $75; hawkinsnewyork.com. Five Two Wooden Spoons, $99 for 5; food52.com. Wine; scoutandcellar.com for info. Paint: Du Jour 7002-6; valspar.com for info.

HEADSHOT COURTESY OF NICK GLIMENAKIS

GATHER ROUND

The dining table sits between the front door and kitchen. A circular option is easy to maneuver around—as are low, sculptural chairs that push all the way in. Bonus: They're upholstered with durable, easy-to-clean fabric.

TO BUY: Mihaela Round Dining Table, $4,999; arhaus.com. Margaux Side Chairs in Ecru Sunbrella Fabric, $1,287 each; mgbwhome.com. Limoges Pendants, from $449; circalighting.com. Woodson Console Table, $1,349; rejuvenation.com. *Sun in the dust. Variations 1* and *Sun in the dust. Variations 3* by Arash Fattahi Acosta, $229 each; minted.com. Five Two Shallow Stoneware Bowls, $69 for 4; food52.com. Minwax Oil-Based Wood Finish Stain in Pickled Oak; minwax.com for info.

PRIMARY SUITE

Even super-traditional elements like wainscoting and floral wallpaper feel fresh thanks to a mix of patterns (like the striped chair and sashiko bedding) and textures (from velvet to rattan).

OFF THE WALL

Roman shades in a soft, solid color are casual and current. Anything more involved—think frilly drapes—would look fussy and outdated.





Emily Henderson

@em_henderson

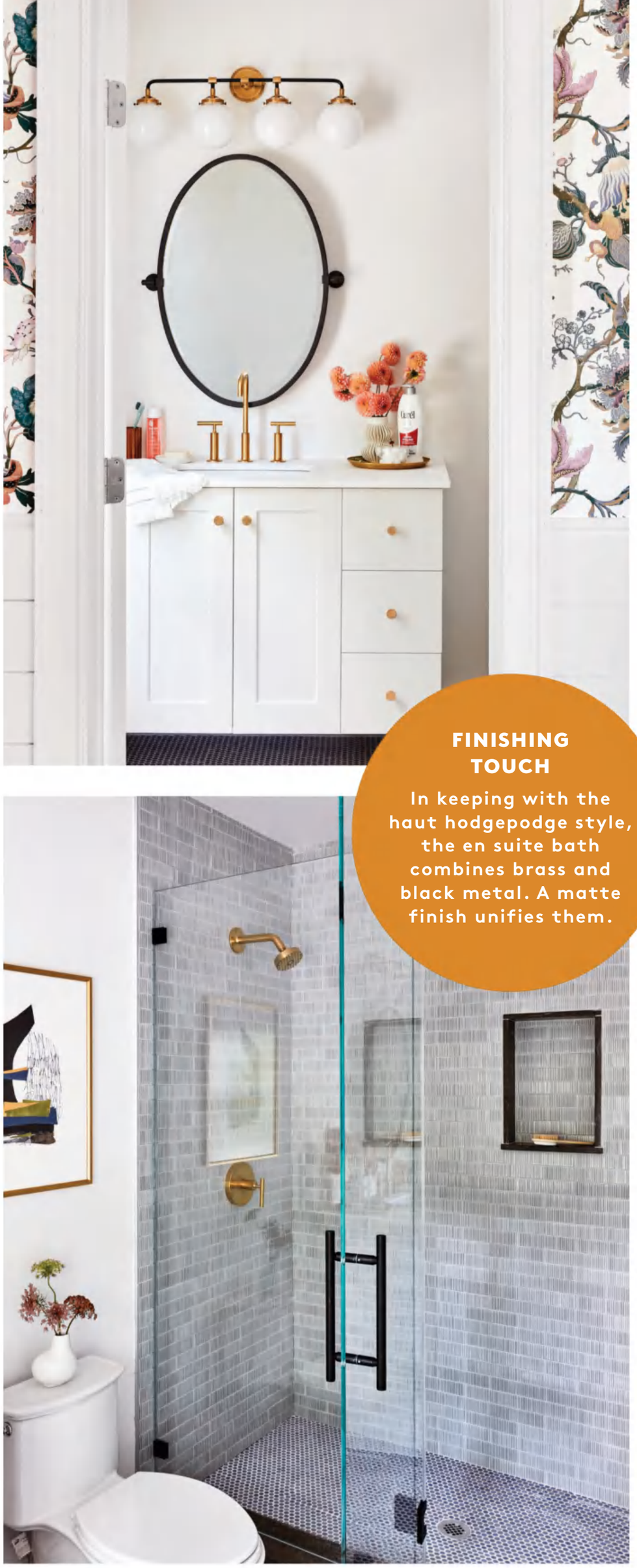
"Forgo the matchy-matchy bedroom set in favor of an eclectic mix of furniture. This will make your space feel thoughtfully curated and collected over time." If you're getting different nightstands, "just choose similar scales to make the arrangement balanced."



Keyanna Bowen

@eastandlane

"Since we went with such a statement wallpaper in the bedroom, we kept the bathroom simple and clean with white walls, and we added a little color and texture with the floor and shower tiles. The blue-and-white palette feels timeless and spalike."



FINISHING TOUCH

In keeping with the haut hodgepodge style, the en suite bath combines brass and black metal. A matte finish unifies them.

TO BUY: (Left) Artemis Wallpaper in Off-White, from $200 per roll; houseofhackney.com. Wovn Home Custom Roman Shades and Drapery; wovnhome.com for info. Skyline Skylar Upholstered Pleated Bed in Navy Linen, $984 (queen); target.com. The Purple Mattress, $1,299; purple.com. Linen Duvet Covers in White and Caramel Stripe, $265 each (queen), Down Alternative Comforter, $199, and Lightweight Quilt Set, $279; brooklinen.com. Laurel 14x40 Pillow, $172; pompomathome.com. Sherpa Pillows, from $228; elsiehome.co. Grey Block Print Lumbar (for similar), Navy Indian Wool Lumbar II (on chair), $195, and Marble Circle Chain in Black (on desk), $49; thevintagerugshop.com. Malawi Rug in Blush, $2,190 (6 ft., 7 in. by 9 ft., 10 in.); usa.armadillo-co.com. Marling Bedside Table, $795; jaysonhome.com. Seagrass Cage Cup; magnolia.com for similar. Narro Brass Side Table, $249; article.com. Printed Westerly Upholstered Chair in Coal, $880, Mid Century Zarek Upholstered Office Chair, $250, and Round White Marble and Black Metal Bistro Accent Table, $200; worldmarket.com. Franco Albini Large Ottoman, $812; chairish.com. Miles Floor Lamp, $899, and Melange Desk Lamp (on desk), $2,199; circalighting.com. Meredith Desk, $999; urbanoutfitters.com. Natural Cane Wicker Decor Boxes, from $100; anayahome.com. Staggered Glass 5-Light Flushmount, $299; westelm.com. Tongue and Groove; metrie.com for info. Paint: Snowed In 6004-1A; valspar.com for info. **(Top)** Poplin 48" Bathroom Vanity Cabinet in Linen White and Purist Faucet in Vibrant Brushed Moderne Brass; us.kohler.com for info. Eastmoreland Oval Pivot Mirror, $475, and West Slope Cabinet Knobs in Aged Brass, $20 each; rejuvenation.com. Bistro Four Light Bath Sconce, $799; circalighting.com. Brass Round Tray, from $49; thevintagerugshop.com. Vase, Yacht Storage Jar, $10; eq3.com. Bio-Oil Skincare Oil; findbio-oil.com. Curél Ultra Healing Lotion; curel.com. **(Bottom)** *Stacked Up* by Pippin Schupbach, $243; minted.com. Small Driftwood Vase, $55; haand.us. Savoy Classic Mosaic Tile, Penny Shape in Lantern, and Savoy Classic Field Tile, Ribbed Shaped in Lotus; annsacks.com for info. Purist Showerhead in Vibrant Brushed Moderne Brass; us.kohler.com for info.

ZOOM ROOM

No fake backgrounds for video calls here! Step up your work-from-home game with a calm, quiet office that provides plenty of space—and two desks—for more than one person.



PIN-SPIRATION

Use a scrap of fabric to DIY a bulletin board. Stretch the fabric over a piece of foam board and staple it to the back. (The lines of the plaid help you keep it straight.)



Ryia Jose

@kinandkasa

"It seems intimidating, but painting the walls, trim, *and* ceiling the same shade creates a really cozy and inviting feel. In fact, painting overhead made this attic feel larger because there's no visual stopping point between the walls and the ceiling."

TO BUY: (This page) The Everyday System by California Closets and Martha Stewart in Bedford Grey Woodgrain/Graphite Metal; shop.californiaclosets.com for info. Roblar Quilted Leather Dining Chair, $999 for 2; potterybarn.com. Reeded Glass Oval Boxes; globalviews.com for info. Knotted Decorative Object, $32; anthropologie.com. Monolithic Tadelakt Vases, from $98, and Natural Bolga Nesting Basket, from $48; bloomist.com. Faux Pothos, $85; thesill.com. Brass Oval Tray, $34, and Ribbed Glass Vase, $29; thevintagerugshop.com. Workbook, $22, and Brass Push Pins, $14; appntd.com. Metal Rollerball Pen, $20, and Acrylic Scissors, $24; russellandhazel.com. Natural Cane Wicker Picture Frame, $90; anayahome.com. Ceramic Ring Dish, $35 for 2; markandgraham.com. Pinboard and picture frame molding supplies; lowes.com. Paint: City Arboretum 6006-4C; valspar.com for info. **(Opposite page)** Park Slope Spindle Desk in Solid Quartersawn White Oak 505 Onyx Finish, $4,993; stickley.com for info. Linen Elena Upholstered Rolling Armchair, $230; worldmarket.com. Harwich Natural Woven Jute Rug, $1,798 (8 by 10 ft.); annieselke.com. Hemnes Bookcase, $149; ikea-usa.com. Custom Roman Shade in Frasdoti Cyprus; uptowndrapes.com. Altona Barebulb Chandelier, from $1,159; rejuvenation.com. Shen Urn (on desk), $195, Found Naga Pedestal Tray (on bookshelf), $350, and Dorian Carafe (on desk), $48; jaysonhome.com. Brass Round Tray (on desk), from $49, and Kumbh Indigo Pillow, $210; thevintagerugshop.com. Vera Pillow Cover, from $99; danielleoakeyshop.com. *Face Study I* by Chelsea Petaja, $89; minted.com. Prancing Horse Decorative Object, $149; potterybarn.com. Pinch Pot Planter in Reactive Seafoam; studioa-home.com for info. Assorted books, from $10 per ft.; booksbythefoot.com. Natural Cane Wicker Decor Boxes, from $100; anayahome.com. Large Pebble Vase in Burl, $95; haand.us. Monolithic Tadelakt Vase, $148 (tall); bloomist.com. No. 2 Pencil Set, $16, and The A5 Journal, $26; appntd.com. **(Not visible)** Maxwell Accent Chair in Rust, $1,045; interiordefine.com. Darcy Side Table, $348; houseofjadehome.com. Grenol Floor Lamp, $999; circalighting.com.

PREVIOUS SPREAD: HEADSHOTS, FROM TOP: COURTESY OF SARA LIGORRIA-TRAMP; COURTESY OF KEYANNA BOWEN. THIS PAGE: HEADSHOT COURTESY OF ANISHA VINNY

WALLET-FRIENDLY WALL UNIT

Adding crown molding and baseboard to budget bookcases makes them look like a custom built-in—especially when painted to match the walls and ceiling.



TO BUY: Walnut Grove Gathering Island in Solid American Black Walnut, $3,780, Walnut Grove Counter Stools in Solid American Black Walnut, $835 each, Morgan Sofa in Fabric 7490-15, $5,891, Devon Chairs in Fabric 6390-39, $2,725 each, Walnut Grove Credenza in Solid American Black Walnut, $5,040, and Walnut Grove Rectangular Cocktail Table in Solid American Black Walnut, $2,190; stickley.com for info. Herringbone Ocean Woven Cotton Rug, $718 (9 by 12 ft.); annieselke.com. Bastideaux Boho Pillow Cover, from $99; oneaffirmation.com. *Ahead of the Record* by Kaitie Bryant, $366; minted.com. Triple-Leaf Fiddle Plant, $349, Edison Drinkware (for similar), and Leather Double Wall Ice Bucket and Tongs, $99; frontgate.com. Mercado Storage Basket, from $135; the-citizenry.com. Assorted LPs, from $25; urbanoutfitters.com. 18" Oval Platter, $105; haand.us. Kawabon Tray, $124; graf-lantz.com. SoulCycle At-Home Bike, $2,500; equinoxplus.com. Mercury Row Coffey Full Length Mirror, $410; wayfair.com. All in Motion Dumbbells, from $4, Yoga Mat, $25, and Lifeline Pro Burst Resistant Exercise Ball, $30; target.com. Shiplap; metrie.com for info. Flooring: Atwood Pearl 8x48 Matte Porcelain Tile; tilebar.com. Paint: Ripe Olive 6005-4B (top) and Belmont Green 5005-4C; valspar.com for info.

HEADSHOT COURTESY OF KARYN MILLET





MULTIPURPOSE ROOM

A finished basement can often feel like too much of a good thing—lots of space, but no clear zones. Strategic furniture arrangement and clever paint projects give each area purpose and playfulness.

GAME CHANGER

This Ping-Pong table is actually just a sheet of painted plywood resting on sawhorses. It sets up easily for tech-free entertainment and can be collapsed just as quickly to save space. The high-top bar and stools offer a perch for spectators who also want to chat with guests in the lounge area.



Raili Clasen

@raili_ca_design

"You can take a chance with color in an area like this because it's separate from the main living space. I wanted this spot to instantly feel like a place for *fun*."



LEVEL UP

Two pieces of plywood (cut at the big-box store) are all it takes to install a waterfall counter over the washer and dryer. It adds a sleek look and a work surface for sorting and folding.

LAUNDRY ROOM

When you do mountains of laundry each week, it makes sense to turn this utilitarian nook into a relaxing retreat. Mix decorative accents (greenery and photos) with clever cleaning solutions (built-in hampers and rolling carts).

LOADS OF STYLE

With removable wallpaper, plenty of art, and plants galore, this room feels like anything but an afterthought. If the space doesn't get a ton of sunlight—especially if it's in the cellar—go with faux flora.



Leslie Corona

REAL SIMPLE
Senior Home Editor

@leslie_corona_

"I've written about cleaning for years, so I jumped at the chance to design the laundry space and put my knowledge to use. I installed LED strips to the undersides of the shelves to light the counter—you need to *see* stains to remove them! I also added a hanging bar above the hampers for easily drying delicates."

TO BUY: Feather Flock Wallpaper in Sahara Blush, $40 per roll; tempaper.com. GE Smart Energy Star Steam Washer, $1,249, and Electric Dryer, $1,249; geappliances.com for info. Custom California Closets Storage Cabinets; californiaclosets.com for info. Crue Pull-Down Faucet; us.kohler.com for info. Hue Lightstrip Plus, $80; philips-hue.com. Pandan Woven Square Bin, $48; serenaandlily.com. Google Nest Hub Max, $229; store.google.com. Wool Dryer Balls, $29 for 4, and Vegan Pocket Clothing Brush, $18; steamery.us. Tosca Fruit Basket, $23, Tower Rolling Slim Storage Cart, $120, and Tosca Tiered Accessory Tray, $25; theyamazakihome.com. Oblique White Planter, $100, Flora Clear Vase, $35, and Woodrow White Waste Bin, $28; unisonhome.com. Faux Pilea Peperomioides, $75, and Faux String of Pearls, $65; thesill.com. Imabari Waffle Bath Towels, $120 for 2, and Organic Plush Bath Towels, $80 for 2; the-citizenry.com. Marquee Box by Normann Copenhagen, $47; gretelhome.com. *Horizon 1* by Tatjana Koraksic, $48, "Steps" Dopp Kit by Sweta Modi (for similar), *Morning Surf* by Mike Sunu, $197, and *Sun Dried Thistle* by Linda Poole, $146; minted.com. Essentials Cleaning Set, $48, and Dobby Weave Dish Towel, $24; hawkinsnewyork.com. Hanging Potted Philodendron Plant, $28; magnolia.com. Danish Paper Towel Holder, $68; schoolhouse.com. Febreze Unstopables Touch Fabric Refresher; febreze.com. Glad Small Kitchen Drawstring Trash Bags in Febreze Beachside Breeze; glad.com. Paint: Virtue 7001-15; valspar.com for info.

HEADSHOT COURTESY OF KENNETH YAGUAL; OPPOSITE PAGE: COURTESY OF CHRISTOPHER MANN

MUDROOM

An awkward little back hallway transforms into a hardworking mudroom with space-saving storage solutions, an easy-to-clean slate floor, and some double-duty stylish touches.





Katie Holdefehr

REALSIMPLE.com Senior Editor

@katieholdefehr



"I had to maximize every square inch. A narrow cabinet doesn't require much real estate, but it serves multiple functions: Bowls on top collect keys, and the basket below holds scarves or gloves. Outdoor essentials—like sunscreen and candles—are stashed inside to grab as you head out to the patio."

A MODERN HALL TREE

Behind the door, a wall-mounted organizer collects coats and bags. To prevent clutter, enforce a "one jacket per person" rule.

TO BUY: (Left) Sawyer Cabinet, $1,749; hedgehousefurniture.com. Vintage Rounded Rectangular Mirror, $299; potterybarn.com. Frame Makers 8" Picture Light, $199; circalighting.com. *Drawing 369—Standing Man* by Derek Overfield, $64, *Pacific Swell* by Kamala Nahas, $89, and *At the Door I* by Jennifer Daily, $146; minted.com. Matte Gray Tapered Jar, $238; mcgeeandco.com. Nur Ceramics Ritual Bowl, $140; mociun.com. Small Rattan Basket, $35; hm.com. Brass Plate Round, $14; shop-foglinen.com. Threshold 73" Artificial Weeping Eucalyptus Tree in Pot, $150; target.com. Montauk Black Slate Tile, $3.50 per sq. ft.; homedepot.com. Paint: Ultra White 7006-24; valspar.com for info. **(Right)** California Closets Maddox System; californiaclosets.com for info. Markable Umbrellas, $15 each; muji.us. Design Sunglasses (for similar) and Harrington Jacket with Funnel Neck, $53; asos.com. The Oversized Trucker Jean Jacket, $128; madewell.com. Margot Bag, $275; bembien.com. **(Not visible)** Breton Flushmount, $498; serenaandlily.com. Jute Woven Natural Rug, $78 (2 by 3 ft.); annieselke.com. Minted for West Elm Modern Bench in "Line Collage" by David Michuki, $599; westelm.com.

OUTDOOR SPACES

The days of overly formal front porches may be behind us.
All the loungy comfort of family rooms and back patios has migrated out front,
where you can be social with your neighbors as you sit and relax.



HANG TOGETHER

The egg chair and upholstered sofa are more modern than the early 1900s house, but they share a color scheme that unites their dissonant styles.

DESIGN ELEMENTS— DESPITE THE ELEMENTS

Decorative accents are the secret to making a porch feel like a living space—not a pass-through. Incorporate weatherproof rugs, pillows, ceramics, and baskets.

TO BUY: Malibu 60" Metal Console Table, $799; potterybarn.com. Skagerak Norr Tray, $125; goodeeworld.com. 12" Large Slate Biko; kazigoods.com for similar. Champion Picnic Basket, $159; markandgraham.com. Libby Langdon Hamptons Highview Indoor/Outdoor Rug, $297 (7 ft. round); overstock.com. Outdoor Hanging Chair, $798, and Bayville Side Table, $448; serenaandlily.com. Sunbrella Outdoor Toss Pillow in Cabana Classic, $44 (16 in.) and Midori Stone, $49 (20 by 13 in.); thecompanystore.com. TimberTech Azek Porch Boards in Weathered Teak, Classic Composite Series Railing in Matte White with Drink Rail, and Square Black Aluminum Balusters; timbertech.com for info. Paint on door: Sky Space 5001-6B; valspar.com for info.



Eduardo Rodriguez

@thedesignerpad

"You can't go wrong with black and white, but a blue door adds a crisp pop of color to draw in visitors."

HEADHSOT COURTESY OF HERMAN VEGA

TO BUY: Kara Modular Outdoor Sofa (for similar), Vera Ceramic Side Table in Ivory, $189, and Mila Scallop Ceramic Indoor/Outdoor Stool in White, $199; urbanoutfitters.com. Brass Tic-Tac-Toe Set, $195; jonathanadler.com. Marlo Shale Indoor/Outdoor Rug, $418 (5 by 8 ft.); annieselke.com. Hatteras Lounge Chair, $1,760; universalfurniture.com for info. Sunbrella Outdoor Toss Pillows in Cabana Classic, $44 each; thecompanystore.com. Frog Drum Indoor/Outdoor Metal Side Table, $699 (tall), and Concrete Fluted Planter, $199 (tall); potterybarn.com. Trip Chalice, $48; jaysonhome.com. 5" Small Black Hooped Planter, $48; kazigoods.com. Bakuba Indoor/Outdoor Pillow by Elaine Smith in Ebony, $129, Liselle Dining Arm Chairs, $699 each, and Alfresco Melamine Bowl, $59 for 4; frontgate.com. Skiff 47" Large Outdoor Cafe Table, $1,699; bludot.com. Monochrome Salad Plates, $112 for 4; misettetable.com. Vision 56" Ceiling Fan, $409; circalighting.com. Paint on door: Dark Kettle Black 4011-2; valspar.com for info. TimberTech Azek Exteriors PVC Beadboard Sheets, Trim Boards, and Tapered Column Wrap; azekexteriors.com for info.



STEP IT UP

Full-width steps make a nice, safe transition between the composite deck and stone patio in the backyard. They also serve as bleacher-style seating at larger gatherings.

DIVIDE AND CONQUER

When decorating your outdoor area, use the same concepts you would inside. Create zones for lounging, eating, and cooking, and make them all as comfy as possible.

TO BUY: (Top) TimberTech Azek Decking in Weathered Teak from the Vintage Collection with Narrow and Wide Width Boards; timbertech.com for info. Bridgewater Sofa (for similar), Whittier Firepit in Gray, $1,499, and Round Raffia Placemats (for similar); frontgate.com. Java Rattan Ottoman, from $255; the-citizenry.com. Bori Large Natural Lantern Set, $239; article.com. Pom Pom Indoor/Outdoor Pillow, $50; potterybarn.com for similar. Hobnail Grey Indoor/Outdoor Rug, $1,058 (8 by 10 ft.); annieselke.com. Threshold Harwich High Back Windsor Bar Stools, $120 each; target.com. Joi Twentyfour Chairs, $250 each; industrywest.com. Planta Matte Dinner Plates, $69 for 6; nordstrom.com. Monochrome Salad Plates, $112 for 4; misettetable.com. **(Right)** Oswego 15" Opal Dome Pendant, $357, and 6" Rock Creek Modern House Numbers, $60 each; rejuvenation.com. HardiePlank Lap Siding in Arctic White; jameshardie.com for info. 400 Series Windows in Black; andersenwindows.com for info.



EVERYTHING OLD IS NEW

Our partner, Gialluisi Custom Homes, totally modernized this early 1900s Victorian in Westfield, New Jersey.

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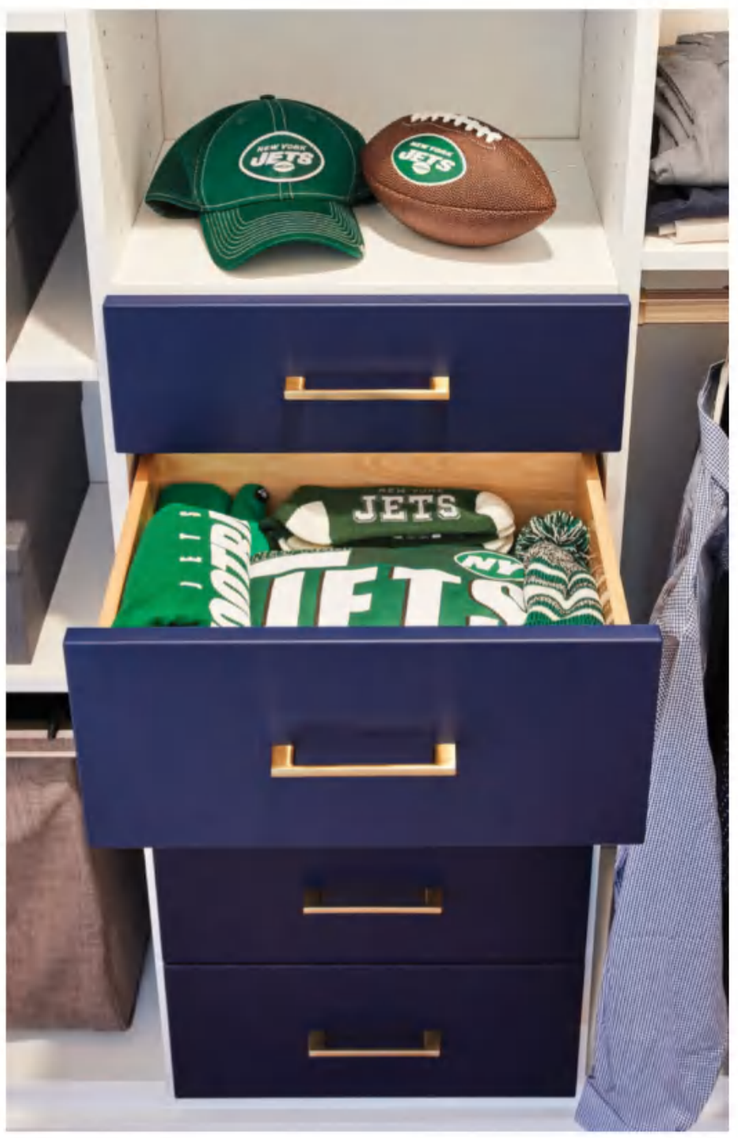
ORGANIZED SPACES

Targeting less obvious microclutter can help you feel more in control of your space. These are the spots that, when neat and tidy, will keep your home humming.









SMALL VICTORIES

Corral guest-appropriate glassware in baskets to make table setting a cinch, pour frozen produce into see-through bags, and dedicate a drawer to mending tools in your closet—where you need to make the repairs.



Nikki Boyd

@athomewithnikki

"When it comes to organizing, consider what will make your days run a little smoother. If you live for game day, devote a drawer to all your gear! Sometimes the simplest things have the biggest impact."

TO BUY: (Top) Threshold Aseana Media Bins, $12 each; target.com. The Full Way Glassware, $275 for 44-piece set; leewayhome.co. Kerrygold Pure Irish Butter; kerrygoldusa.com. Instinct Raw Real Beef Recipe and Raw Cage-Free Chicken Recipe; instinctpetfood.com. Large Plastic Kitchen Pantry & Fridge Food Storage, $20; mdesignhomedecor.com. Half Gallon Bag, $22; stasherbag.com. Good & Gather frozen food; target.com for stores. **(Bottom)** Custom California Closets designs shown with Park Stackable Tray Inserts, Bleeker Shoe Storage Boxes in Gray Mist, and Space Saving Non-Slip Suit Hangers in White; californiaclosets.com for info. Clothing from Boden and Gap; bodenusa.com and gap.com. Jewelry from Uncommon James; uncommonjames.com. Kado Vase, $158; bloomist.com. Adjustable Drawer Bin Sets, from $9; oxo.com. Clothing care from The Laundress; thelaundress.com. New York Jets hats, hoodies, socks, and football; dickssportinggoods.com.

HEADSHOT COURTESY OF ABBY MURPHY PHOTOGRAPHY

REAL SIMPLE HOME

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Small Bites, Big Flavor

And even more fun! These six easy party appetizers are the definition of crowd-pleasing.

BY ***Ananda Eidelstein***

PHOTOGRAPHS BY ***Victor Protasio***

Gorgonzola Cream & Prosciutto Endives

No matter how you say it—"en-dive" or "on-deeve"—this classic no-cook hors d'oeuvre got a modern makeover.



Red Pepper Walnut Knots

These gorgeous twists only *look* like they came from the hottest bakery in town. The secret is two supermarket shortcuts: puff pastry and jarred peppers.

Red Pepper Walnut Knots

ACTIVE TIME **20 MINUTES**
TOTAL TIME **1 HOUR, 15 MINUTES**
MAKES **16 KNOTS**

- ½ cup drained jarred roasted red bell peppers
- ¼ cup walnuts
- 2 tsp. olive oil
- 1½ tsp. fresh lemon juice (from 1 lemon)
- ½ tsp. ground cumin
- ¼ tsp. kosher salt
- 1 small clove garlic, smashed
- 1 7.3-oz. pkg. frozen puff pastry sheets, thawed
- 1 large egg, beaten
- Dried oregano, toasted sesame seeds, and flaky sea salt, for serving

PROCESS peppers, walnuts, oil, lemon juice, cumin, kosher salt, and garlic in a food processor until smooth, about 30 seconds.

UNFOLD 1 pastry sheet on a clean work surface. Press seams with fingertips to smooth out. Spread half of red pepper mixture over pastry, leaving a ¼-inch border. Fold in half toward you and press borders with fingertips to seal. Place on a small baking sheet; transfer to refrigerator. Repeat with remaining pastry sheet and red pepper mixture. Refrigerate for 15 minutes.

MEANWHILE, preheat oven to 400°F with racks in upper and lower thirds. Line 2 baking sheets with parchment paper.

TRANSFER 1 chilled pastry packet to a cutting board. With longest side facing you, use a sharp knife to cut 8 (½ inch wide) strips. Pinch short ends of 1 strip and twist. Tie into a loose knot, tuck in ends, and place on prepared baking sheet. Repeat with remaining strips and chilled pastry.

BRUSH knots with egg; top generously with oregano, sesame seeds, and flaky sea salt. Bake, rotating baking sheets halfway through, until golden brown, 25 to 30 minutes. Let cool for 5 minutes. Serve warm or at room temperature.

The flavorful red pepper spread is inspired by muhammara, a bright and nutty Middle Eastern dip.

Gorgonzola Cream & Prosciutto Endives

ACTIVE TIME **15 MINUTES**
TOTAL TIME **15 MINUTES**
SERVES **8 TO 10**

- ¼ cup finely diced red apple (from 1 apple)
- 2 Tbsp. white wine vinegar
- 2 to 3 endives (about 7½ oz. total)
- 4 oz. crumbled Gorgonzola cheese (about 1 cup)
- 3 Tbsp. half-and-half
- 2 oz. sliced prosciutto, torn into 20 bite-size pieces
- ¼ cup toasted sliced almonds, crushed
- Finely chopped fresh chives, for serving

STIR together apple and vinegar in a small bowl; let stand for 10 minutes.

MEANWHILE, trim stems of endives and separate leaves, trimming stem as you go to easily and gently separate leaves. (You should have about 20 leaves.) Discard endive cores and very small leaves.

PLACE cheese and half-and-half in a bowl. Mash with a fork to combine; stir with a spoon until very smooth.

DRAIN apple; discard vinegar. Working with 1 endive leaf at a time, dollop about 1 teaspoon Gorgonzola cream near stem and spread toward tip of leaf to cover about three-quarters of leaf.

DRAPE a piece of prosciutto on each endive leaf. Sprinkle with apple, almonds, and chives.

Pan-Roasted Olives & Lemon

ACTIVE TIME **15 MINUTES**
TOTAL TIME **15 MINUTES**
SERVES **10**

- 2 large lemons
- 5 Tbsp. olive oil, divided
- ⅛ tsp. kosher salt
- 2 cups mixed pitted olives (such as Castelvetrano, Cerignola, and kalamata), patted dry
- 3 cloves garlic, lightly smashed
- 1 6-in. sprig rosemary

THINLY slice 1 lemon crosswise; remove seeds. Stack slices; cut into quarters.

HEAT 2 tablespoons oil in a large nonstick skillet over medium. Add lemon quarters to skillet in an even layer. Cook, undisturbed, until golden brown around edges, 4 to 5 minutes. Toss gently; cook for 1 minute. Transfer to a medium bowl using a slotted spoon. Season with salt.

ADD olives, garlic, rosemary, and remaining 3 tablespoons oil to skillet. Cook, stirring often, until olives soften and are blistered in spots, 6 to 7 minutes. Remove rosemary sprig; reserve. Juice remaining lemon to total 2 tablespoons. Add olive mixture to caramelized lemons and stir in lemon juice. Crush reserved rosemary leaves on olive mixture; stir gently. Serve warm or at room temperature.



Turn olives into zesty, melt-in-your-mouth flavor bombs with just a quick spin in the skillet. The caramelized lemon adds zip.

Food Styling by Torie Cox Prop Styling by Audrey Davis

Kale Flatbread Bites

Every party needs pizza. This thin-crust option—layered with a punchy base, crunchy kale, and melty mozzarella—is dressed to impress.



Smoked Gouda & Pepper Cheese Puffs

A subtle smokiness and just the right amount of pepper make these tender-on-the-inside, crispy-on-the-outside cheesy bites utterly irresistible.

Kale Flatbread Bites

ACTIVE TIME **15 MINUTES**
TOTAL TIME **35 MINUTES**
SERVES **10**

- 1 small bunch lacinato kale, stemmed and torn into pieces (2 cups packed)
- ¼ tsp. kosher salt
- ¼ tsp. freshly ground black pepper
- 3 Tbsp. olive oil, divided
- 1 cup sour cream
- 3 Tbsp. whole-grain mustard
- 1 lb. store-bought pizza dough, at room temperature
- 6 oz. finely shredded low-moisture part-skim mozzarella cheese (1½ cups)
- 1 lemon, quartered

PREHEAT oven to 450°F with rack in lowest position. Toss together kale, salt, pepper, and 2 tablespoons oil in a large bowl. Combine sour cream and mustard in a separate bowl, stirring until smooth.

BRUSH a large, rimmed baking sheet with remaining 1 tablespoon oil. Place dough on a work surface and flatten with your palm. Place dough on baking sheet; stretch with your fingertips until it reaches all corners of baking sheet (or shape into a large oval).

SPREAD sour cream mixture over dough, reaching all the way to edges. Sprinkle evenly with cheese. Top with kale, pressing gently into dough.

BAKE until crust is golden brown around edges and kale is browned in spots, about 20 minutes. Squeeze lemon wedges over flatbread to taste. Cut flatbread into 24 pieces. Serve warm or at room temperature.

Smoked Gouda & Pepper Cheese Puffs

ACTIVE TIME **20 MINUTES**
TOTAL TIME **1 HOUR**
MAKES **48 PUFFS**

- 1½ cups all-purpose flour
- 1 tsp. freshly ground black pepper, plus more for garnish
- ¾ cup (1½ sticks) salted butter, cut into pieces
- ½ tsp. kosher salt
- 4 oz. smoked Gouda cheese, grated (about 1 cup packed)
- 5 large eggs
- Flaky sea salt, for garnish

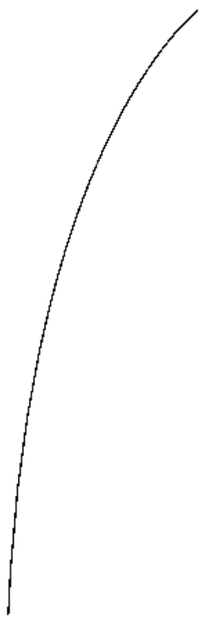
PREHEAT oven to 400°F with racks in upper and lower thirds. Line 2 baking sheets with parchment paper. Whisk flour and pepper in a medium bowl.

COMBINE 1½ cups water, butter, and kosher salt in a large saucepan; cook over medium-high, stirring occasionally, until mixture just comes to a boil.

ADD flour mixture to saucepan all at once. Stir quickly using a wooden spoon until a smooth dough forms and dough pulls away from sides of pan, 2 to 3 minutes. Remove from heat. Add cheese and stir until mostly melted and smooth, about 1 minute. Add eggs 1 at a time, stirring vigorously after each addition, until smooth. (Batter will appear lumpy after each egg but will smooth out as you stir.)

TRANSFER dough to a large zip-top bag with a ½-inch tip of 1 corner cut off (or a pastry bag fitted with a ½-inch round tip). Pipe 1½-inch mounds, spaced at least 1 inch apart, onto prepared baking sheets (about 24 per baking sheet). Flatten any pointy tips with your fingertip. Top with flaky sea salt and more pepper. Transfer any remaining batter in bag to refrigerator.

BAKE until puffed and golden, 30 to 35 minutes. Let cool for 5 minutes. Repeat with any remaining dough, reusing parchment paper on slightly cooled baking sheet. Keep warm in a 200°F oven. Cheese puffs can be made up to 3 hours ahead; reheat in a 225°F oven on a baking sheet lined with parchment paper until hot, about 15 minutes.



To avoid making a mess, place the bag in a tall container or measuring cup, then fill with dough.

Hot Honey Lamb Meatballs

ACTIVE TIME **35 MINUTES**
TOTAL TIME **35 MINUTES**
MAKES **50 MEATBALLS**

- ⅔ cup honey
- ½ cup sriracha
- 1 Tbsp. plus ½ tsp. ground coriander, divided
- 1 Tbsp. plus ½ tsp. kosher salt, divided
- 2 large eggs
- ½ cup packed fresh flat-leaf parsley leaves, chopped, plus more for serving
- 1 small shallot, grated (2 Tbsp.)
- 2 Tbsp. olive oil
- 1 tsp. Dijon mustard
- 2 lb. ground lamb
- ½ cup panko

PREHEAT broiler with rack 6 inches from heat. Line a rimmed baking sheet with aluminum foil. Whisk honey, sriracha, and ½ teaspoon each coriander and salt in a medium bowl until smooth.

STIR eggs, parsley, shallot, oil, mustard, and remaining 1 tablespoon each coriander and salt in a large bowl until combined. Add lamb and panko; mix using your hands until well combined. Form mixture into 1-inch balls (about 1 heaping tablespoon each). Arrange on prepared baking sheet as you go.

BROIL meatballs, flipping halfway through, until browned, about 8 minutes.

HEAT a large skillet over medium. Add honey mixture; cook, stirring occasionally, until bubbling and thickened slightly, 3 to 4 minutes. Using a slotted spoon, transfer meatballs to skillet. Cook meatballs, stirring often, until sauce thickens slightly and meatballs are glazed, about 3 minutes. Top with more parsley. Keep warm, covered, over low for up to 15 minutes, or place in a slow cooker on warm to serve.



Hot Honey Lamb Meatballs

This recipe makes 50 meatballs for a reason: The sweet-and-spicy nibbles will disappear fast.



There's No Place Like...

A house is made of beams and bricks; it delights your eye and shelters you from the storm. A home is a more ineffable thing: a space where everyone should feel welcome—especially you. We asked designers, writers, cooks, and others to share their thoughts on what makes a house feel like home.

Illustrations by
Boyoun Kim












Hello









The smells that come from the kitchen. Fresh bread baking, chicken soup simmering, an onion cooking in butter—they make any space instantly cozier.

MOLLY YEH, HOST OF FOOD NETWORK'S *GIRL MEETS FARM*

Imperfection, even when guests are over. There's nothing less inviting than perfectly fluffed pillows or a couch you're afraid to sit on. I have a 3-year-old, so at any moment in my apartment, you'll likely find Magna-Tiles underfoot. "Pinterest perfect" is a thing of the past.

AYA KANAI, HEAD OF CONTENT AND CREATOR PARTNERSHIPS AT PINTEREST



My house feels most like a home when it's filled with friends and family (furry and otherwise!). Also, I love colorful moments like art, furniture, and candy. The centerpiece of my living room is a bright yellow sofa next to a floral lounge chair. It's the first thing people comment on when they walk in. I'm a big fan of dried flowers, so I keep a shell filled with colorful blooms on my coffee table, right next to a glass bowl of M&M's. On an open shelf nearby, I have a vintage cocktail shaker filled with gummy bears—it adds a pop of joy to the room.

JOVE MEYER, EVENT PLANNER AND DESIGNER

Home is a place that feels deeply personal and particular, such that when you walk through the door, it's obvious only you could live there. It's a space where you're surrounded by a unique collection of decor, keepsakes, and mementos—a lamp you got on a trip to Turkey, or a framed picture from your 40th birthday. Home means being cocooned by happy memories.

CHRISTINE PRIDE, COAUTHOR OF *WE ARE NOT LIKE THEM*

A house's quirks, which you may consider flaws, give it soul. The imperfect door that never fully closes—sure, it annoys me, but it doesn't sit level because of how the house has settled over time. To me, those little characteristics are what I love most about a house, and you can't buy that.

BRIAN PATRICK FLYNN, HOST OF MAGNOLIA NETWORK'S *MIND FOR DESIGN*



A mess. Seriously. We see too much house perfection all the time on Instagram and other social media. What makes a house a home is your own special kinds of messes. A pristine house has no interesting stories.

JO PIAZZA, COAUTHOR OF *WE ARE NOT LIKE THEM*



Good art and good books. Both things are so personal, and they're purely there to bring you joy. There's nothing sadder to me than a bare wall without any art, or a room with no books. I love choosing artwork that has a special meaning behind it. That way, it's a conversation starter. For instance, we have art that we've picked up from Charleston, South Carolina, which is a city we love visiting. When I find a piece that speaks to me, I know it will hang in my home for many years to come, and hopefully be passed down.

ALISHA RAMOS, FOUNDER OF GIRLS' NIGHT IN, A COMMUNITY AND NEWSLETTER

When I was going through a tough time a few years ago, my mom knit me a blanket. She used all my favorite colors and made it big enough to wrap me up completely. The blanket stays on the couch now. My husband and I nap with it, it's our dog Leroy's special spot, and it was our late cat's favorite biscuit-making tool. It was such a hit, my mom knit Leroy a matching sweater. When I'm enveloped in that blanket (or even when it's sitting in a lump under me), I remember my cat, I'm grateful for my little family, and I feel my mom's love for me, though I haven't seen her in almost two years because of the pandemic.

RUTH CHAN, ILLUSTRATOR

Comfort. As much as I used to love my designer sofa and very stylish things, I have surrendered to comfort. My bed needs to be comfortable, my couch needs to be comfortable, even my toilet needs to be comfortable. It's also important to have products and scents that make me happy. I like hand soaps, body soaps, dish soaps—little things that make me feel cared for. And I say this as a renter, not a homeowner. I think we often view rentals as transitional spaces that aren't ours to transform, but you can take these details with you anywhere.

MAURICE HARRIS, ARTIST, FLORIST, AND OWNER OF BLOOM & PLUME, A FLORAL DESIGN STUDIO IN LOS ANGELES



Home is a feeling of being supported and held. It's a sense of security that enables you to be bold and step out into the world to do big things. To make a house a home means asking, "How do I want my space to serve me and my family?" That could mean designing with a practical approach and ruthlessly editing out constraints and clutter, or embracing your creativity and giving yourself permission to experiment. Ask for what you need at every turn and in every corner—from the decor to the colors to the furniture and function. A house is a place. A home is a space that supports the absolute best version of you.

CARA NEWHART, INTERIOR DESIGNER AND HOST OF THE PODCAST *MAKE SPACE*

I'm getting ready to move out of the apartment I've lived in for more than a decade. I was talking with a friend recently about how sad I was to leave this place that has been the container for so many memories, and she reminded me, "You are the home." The memories belong to me, my husband, and my daughter, not the drywall that surrounds us. And they're coming with us. The three of us make a house a home.

LAURA SCHOCKER, EDITOR IN CHIEF OF *APARTMENT THERAPY*

It's the little things that remind me of home. My dogs' soft fur, or my son's hair. Sounds like the creaks of my daughter's footsteps in the hall, a door slam—you know, how everything in the house has a distinct sound. The lemon-and-eucalyptus smell of the 9 Elements detergent we use to wash our clothes. When my family and I travel, we collect snow globes from wherever we've been, and when I'm not home, we send postcards back and forth to each other. Now that I'm filming in Greece, I already have two snow globes and plenty of postcards to put on my walls here. So no matter where I go, it feels like home.

KATHRYN HAHN, EMMY-NOMINATED ACTOR





Each of the items that fill our home is a clear memory, a love story, and the history of our lives and ours alone. One of those things is our dining table, which moved with us from California back in 1987. The table is where we work and eat together—it's burnished with thousands of meals, discussions, and big decisions. At this point, it knows more about us than perhaps we know about ourselves.

PAUL AND SHARON MROZINSKI, OWNERS OF THE MARSTON HOUSE ANTIQUES IN VINALHAVEN, MAINE

Maybe it's because I grew up in Pennsylvania, the Keystone State, but for me it's all about the metaphorical keystone—the magical thing that's part finishing touch, part absolute crux. In my case, it's my two little porcelain birds, she the queen, he the king, each bedecked with a gleaming gold crown. I think of them as a mash-up of Ma Ingalls's china figurine from the *Little House* books (which Ma displays only in the houses she regards as true homes) and the ravens that live at the Tower of London (legendarily ensuring, by their presence, the survival of the kingdom). My birds live in a glass-domed china cake stand on our dining room table, one of the first places your eye goes when you step inside. To me they're talismans of a loving marriage and a happy home. No house of mine could be a home without them. Long may they reign.

DEBORAH WAY, CREATOR OF THE KEEPTHINGS (THEKEEPTHINGS.COM), STORIES OF THE THINGS WE KEEP TO REMEMBER LOST LOVED ONES



Nothing says "home" to me more than my 24-year-old stained—I mean patinaed—Dutch oven, which I registered for when I got married and which essentially lives on my stove. All year long, but especially in the fall, you can open its lid and find something simmering or braising inside. A pork shoulder to make pork ragù, the meatballs made legendary by my grandmother, a minestrone packed with all the vegetables of the fall harvest. My kids know: Walk into the house when the Dutch oven is in action, and you will smell stewy goodness, but mostly the comfort of home.

JENNY ROSENSTRACH, AUTHOR OF *THE WEEKDAY VEGETARIANS: 100 RECIPES AND A REAL-LIFE PLAN FOR EATING LESS MEAT*

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FOOD STYLING BY MELISSA GRAY; PROP STYLING BY CHRISTINA DALEY

Photograph by Jennifer Causey

IN SEASON

Turn It Up!

Turnips have a peppery bite and are ripe for the picking this time of year.

SHOP for small ones that feel heavy for their size. The smaller the turnip, the more tender and sweet it will be. If the greens are attached, they should be brightly colored.

STORE roots in a cool, well-ventilated area, or wrap tightly and refrigerate for up to two weeks. Remove greens and store separately in a bag for up to three days.

COOK diced turnips in butter, bake slices into a gratin, or roast wedges, drizzle with good olive oil, and scatter with a handful of herbs. As for the greens, braise, steam, or stir-fry them.

—Ananda Eidelstein

EASY DINNER 1

Baked Sweet Potatoes with Feta Butter

ACTIVE TIME **25 MINUTES** TOTAL TIME **50 MINUTES** SERVES **4**

✓Vegetarian ✓Gluten-Free

- 4 6-oz. sweet potatoes
- 5 Tbsp. salted butter, softened
- 2 oz. feta cheese, crumbled (about ½ cup), divided
- 2 Tbsp. fresh lemon juice (from 1 lemon)
- 2 Tbsp. olive oil
- 2 tsp. honey
- ¼ tsp. kosher salt
- 1¼ tsp. smoked paprika, divided
- 3 cups thinly shredded red cabbage (from 1 head)
- 1 8-oz. bunch lacinato kale, stemmed and thinly sliced (about 4 cups)
- ½ cup roasted, salted pumpkin seeds (pepitas)

PREHEAT oven to 425°F. Prick sweet potatoes all over with a fork. Place on a rimmed baking sheet and bake until tender throughout, 45 to 50 minutes. (Or prick with a fork and microwave for 6 to 8 minutes.)

MEANWHILE, stir softened butter and 6 tablespoons feta in a small bowl until blended.

WHISK lemon juice, oil, honey, salt, and 1 teaspoon smoked paprika in a large bowl. Add cabbage and kale; toss until coated.

CUT open each baked sweet potato and fluff flesh with a fork. Top each with feta butter. Sprinkle with remaining ¼ teaspoon smoked paprika and top with pepitas. Serve sweet potatoes alongside salad topped with remaining 2 tablespoons feta.

PER SERVING: 510 Calories, 33g Fat (14g Saturated), 55mg Cholesterol, 8g Fiber, 12g Protein, 47g Carbs, 562mg Sodium, 13g Sugar (3g Added)

Recipes by Karen Rankin

Photographs by Victor Protasio



FOOD STYLING BY TORIE COX; PROP STYLING BY AUDREY DAVIS

EASY DINNER 2

Salsa Verde Chicken Soup

ACTIVE TIME **35 MINUTES**
TOTAL TIME **35 MINUTES** SERVES **4**

✓Freezable ✓Make Ahead ✓One Pot
✓Gluten-Free ✓Family Friendly

- 1 Tbsp. canola oil
- 1 lb. boneless, skinless chicken thighs, cut into 1-in. pieces
- 1 cup chopped white onion (from 1 onion)
- 3 cups unsalted chicken broth
- 1 15-oz. can no-salt-added pinto beans, drained and rinsed
- 1 15-oz. can white hominy, drained and rinsed
- 1 cup jarred salsa verde
- ½ cup chopped fresh cilantro, divided
- 1 Tbsp. fresh lime juice (from 1 lime)
- 1 avocado, chopped
- Crushed tortilla chips, for serving (optional)

HEAT oil in a large saucepan over medium-high. Add chicken and onion; cook, stirring often, until chicken is cooked through, beginning to brown slightly, and juices have mostly evaporated, 8 to 10 minutes.

STIR in broth, beans, hominy, and salsa verde. Bring mixture to a boil over medium-high. Reduce heat to medium and cook until hot, about 5 minutes. Stir in ¼ cup chopped cilantro and lime juice. Serve in bowls topped with avocado, remaining ¼ cup cilantro, and, if desired, tortilla chips.

PER SERVING: 449 Calories, 18g Fat (3g Saturated), 0mg Cholesterol, 9g Fiber, 33g Protein, 42g Carbs, 898mg Sodium, 6g Sugar

EASY DINNER 3

Red Curry Veggie Stew

ACTIVE TIME **20 MINUTES**
TOTAL TIME **30 MINUTES** SERVES **4**

✓Quick Cooking ✓Make Ahead
✓Vegan ✓Gluten-Free

¾ cup basmati rice
2 Tbsp. canola oil
1 4-oz. jar red curry paste
1 lb. 1-in. cauliflower florets (about 6 cups)
4 medium carrots, sliced
12 oz. baby yellow potatoes, halved (quartered if large)
2 13.66-oz. cans well-shaken and stirred coconut milk
2 tsp. lime zest plus ¼ cup fresh juice (from 3 limes)
¼ cup chopped dry-roasted, salted cashews
Lime wedges, for serving

STIR together rice and 1½ cups water in a medium saucepan. Bring to a boil, then reduce heat to medium-low. Cover and simmer until all liquid is absorbed, about 15 minutes. Remove from heat and let sit, covered, for 5 minutes. Fluff with a fork.

MEANWHILE, heat oil in a large pot over medium. Add red curry paste and cook, stirring constantly, until fragrant, about 30 seconds. Add cauliflower, carrots, and potatoes; stir to coat with curry paste. Add coconut milk, stirring and scraping bottom of pot to release any browned bits. Reduce heat to medium-low; cover and cook until potatoes and carrots are almost tender, 10 to 15 minutes.

REMOVE lid and continue to cook, stirring occasionally, until sauce thickens slightly and vegetables are crisp-tender, about 5 minutes. Stir in lime juice.

SERVE stew topped with rice, cashews, and lime zest. Serve with lime wedges.

PER SERVING: 433 Calories, 15g Fat (5g Saturated), 0mg Cholesterol, 10g Fiber, 9g Protein, 69g Carbs, 1,512mg Sodium, 9g Sugar



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EASY DINNER 4

Sheet Pan Cheesesteak Sandwiches

ACTIVE TIME **20 MINUTES** TOTAL TIME **50 MINUTES** SERVES **4**

✓One Pan ✓Family Friendly

- 2 Tbsp. Worcestershire sauce
- 1½ Tbsp. olive oil
- 1 tsp. Dijon mustard
- ½ tsp. garlic powder
- ½ tsp. freshly ground black pepper
- 1 lb. boneless rib eye steak
- 1 red bell pepper, thinly sliced
- ¾ cup thinly sliced yellow onion (from 1 onion)
- 1 8-oz. baguette
- 6 oz. sliced Provolone cheese

PLACE a rimmed baking sheet on middle oven rack and preheat oven to 475°F.

STIR together Worcestershire sauce, oil, mustard, garlic powder, and black pepper in a shallow dish. Place steak in dish and turn to coat. Place steak in middle of hot baking sheet. Place bell pepper and onion in dish with remaining marinade; gently stir to coat. Arrange bell pepper and onion in an even layer around steak.

BAKE until a thermometer inserted in center of steak registers 135°F for medium-rare and vegetables are tender, 15 to 16 minutes. Transfer steak to a cutting board; let stand for 5 minutes. Transfer bell pepper and onion to a bowl. Thinly slice steak against the grain and stir into bell pepper mixture.

INCREASE oven temperature to broil. Line baking sheet with foil. Place baguette on baking sheet and cut lengthwise, taking care not to cut all the way through. Place half of cheese slices along cut sides of bread and spoon steak mixture on top of cheese. Top with remaining cheese slices. Broil until cheese is melted and bread is toasted on edges, 1 to 2 minutes. Cut sandwich into 4 servings.

PER SERVING: 717 Calories, 37g Fat (15g Saturated), 133mg Cholesterol, 3g Fiber, 50g Protein, 43g Carbs, 887mg Sodium, 6g Sugar

EASY DINNER 5

Creamy Butternut Squash Pasta with Leeks

ACTIVE TIME **30 MINUTES** TOTAL TIME **25 MINUTES** SERVES **4**

✓Quick Cooking ✓Vegetarian ✓Family Friendly

- 12 oz. cavatappi pasta
- 1½ Tbsp. olive oil, divided
- ¾ cup crispy fried onions (such as French's)
- 2 medium leeks, white and light green parts sliced (2 cups)
- 1 12-oz. pkg. frozen mashed butternut squash, thawed
- 1 cup half-and-half
- 2 tsp. chopped fresh sage leaves
- 1 tsp. freshly ground black pepper
- 2½ oz. Parmesan cheese, shaved (about 1 cup), divided

COOK pasta according to package directions for al dente; drain, reserving 1 cup pasta water. Return drained pasta to pot.

MEANWHILE, heat ½ tablespoon oil in a large saucepan over medium. Add fried onions; cook, stirring constantly, until lightly browned, about 1 minute. Transfer to a towel-lined plate. Wipe saucepan clean.

HEAT remaining 1 tablespoon oil in saucepan over medium-high. Add leeks; cook, stirring often, until softened, 2 to 3 minutes. Transfer ¼ cup leeks to a small bowl. Stir butternut squash and half-and-half into leeks in saucepan. Cook over medium, stirring often, until simmering, 3 to 4 minutes. Stir in sage, pepper, and half of cheese.

ADD sauce and ¼ cup hot pasta water to pasta; stir to combine. Stir in more pasta water as needed to reach desired consistency. Top with reserved leeks, fried onions, and remaining cheese.

PER SERVING: 658 Calories, 24g Fat 11g (Saturated), 35mg Cholesterol, 5g Fiber, 21g Protein, 90g Carbs, 426mg Sodium, 7g Sugar

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BETTER FOR YOU

Buffalo Cauliflower with Yogurt Ranch

A favorite bar snack gets a healthy upgrade.

BY ANANDA EIDELSTEIN

Photographs by Victor Protasio



ACTIVE TIME **30 MINUTES**
TOTAL TIME **45 MINUTES**
SERVES **4**

- 1 head cauliflower (about 2½ lb.), cut into large florets
- 2 Tbsp. olive oil
- 1 tsp. kosher salt, divided
- ½ cup buffalo-style hot sauce
- 1 Tbsp. unsalted butter
- ¼ tsp. freshly ground black pepper
- ⅔ cup whole-milk Greek yogurt
- 1 tsp. onion powder
- 1 tsp. white wine vinegar or apple cider vinegar
- 2 scallions, trimmed and finely chopped (about ⅓ cup), divided

PREHEAT oven to 450°F. Toss cauliflower with oil and ¼ teaspoon salt on a large, rimmed baking sheet; spread in an even layer, cut sides down. Bake until golden brown on bottom, 15 to 20 minutes.

MEANWHILE, heat buffalo sauce and butter in a small saucepan over medium, stirring occasionally, until butter is melted, 3 to 4 minutes. Season with pepper. Keep warm over low.

PLACE yogurt in a bowl; gradually stir in 3 to 5 tablespoons water until yogurt is smooth and reaches drizzling consistency. Stir in onion powder, vinegar, half of scallions, and remaining ¾ teaspoon salt.

TOSS roasted cauliflower with 3 tablespoons buffalo-butter sauce on baking sheet and spread in an even layer. Return to oven for 5 minutes. Toss with remaining buffalo-butter sauce. Drizzle with some yogurt ranch; serve remaining yogurt ranch alongside. Top with remaining scallions.



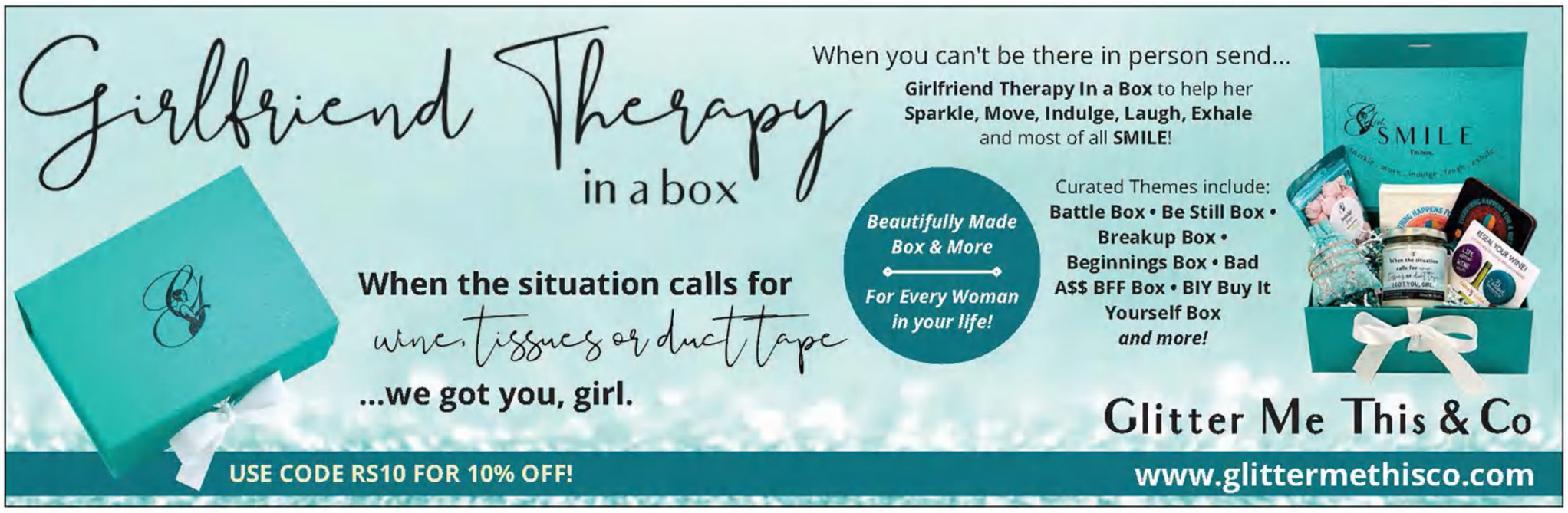
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FOOD STYLING BY TORIE COX; PROP STYLING BY AUDREY DAVIS

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BREATHE

PASSING CLOUDS

Inhale deeply through your nose as you look at the clouds. With a full exhale, allow your gaze to soften. Where are your thoughts right now? Tune in to your breath as well as your mind's climate. Perhaps at this moment it's bright and whimsical; the next moment, it may be dark and stormy. No matter the tone, each thought is temporary and dissipates as subtly as it surfaces. Whenever you find yourself enjoying the passing clouds, let it be a reminder to observe your thoughts, to breathe, and to send yourself compassion.

—From MyLife, a personalized mindfulness app

STOCKSY

Photograph by Peter Wey

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people who say change is painful have obviously never tried our range of all purpose sprays. we've transformed the humble surface cleaner into a rainbow-colored work of art that's way too pretty to hide under the sink. (unless you're into that minimalist schtick, in which case more power to you.) it's powered by plant-based cleaners, smells like heck, making even the cleans like heck, making even the stickiest of countertop situations a lightly fragranced breeze.

method
waterfall
chute d'eau
hand wash with plant-based cleansers
savon à mains avec agents nettoyants à base de plantes
354 mL (12 FL OZ)

method for change